

WESTMINSTER

**City Newsletter and
Recreation Guide**

WINTER 2012

January
February
March

**Youth Sports
Recreation Classes
Family Resources Center
Special Events
Senior Center Programs**

See us at: www.westminster-ca.gov

Holiday Tree Lighting Ceremony

& Community Sing

Monday, December 5, 2011

6:00 p.m.

Westminster Civic Center

8200 Westminster Blvd.

714.895.2860

www.westminster-ca.gov

Visit with Santa from 6:00 - 6:30 p.m. & after the Ceremony.
Please bring canned goods to donate to those in need this
holiday season. Dress warmly, event will be held outdoors.



Breakfast with Santa

Saturday, December 3rd

9:00 - 10:30 a.m.

East/West Room

Community Services Building

8200 Westminster Blvd.

Westminster, CA 92683

Tickets: \$7.00 each

REGISTER EARLY! SPACE IS LIMITED!

Please call us at 714.895.2860 for more information
or register online at:

www.activenet.active.com/westminster



Saturday, January 28, 2012

9:30 a.m.

Bolsa Ave.

between Magnolia & Bushard streets

(714) 895-2860

www.westminster-ca.gov

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WFRC	Back Cover
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Winter Highlights

November 28

Winter Class Registration Begins

December 3

Breakfast with Santa

December 5

Holiday Tree Lighting Ceremony

December 19-30

Parks Program Winter Break

December 26- January 2

City Office Closed

January 2, 2012

Rose Parade Excursion

January 9

Basketball Camp

January 23

Winter Youth Sports Program Begins
Adult Softball Sports Program Begins

February 14

Watch out for Spring Brochure

Class Reminders

1. Most recreation classes will begin the week of January 9, 2012.
Please check your starting date carefully.
2. Classes may be cancelled if minimum enrollment is not met prior to class starting date. Don't miss out!

BE SURE TO REGISTER EARLY!

Internet access to Westminster City Council Meetings

Check the city's website at www.westminster-ca.gov for information about viewing live and archived City Council meetings. If you have Internet access, you can follow the meeting live with a video stream on your computer. You will also have access to an archive of recent City Council meetings if you are interested in viewing a particular meeting segment along with meeting agendas and minutes.

Council Thoughts Winter 2012

As another challenging year comes to an end, your Mayor and City Council continue to be optimistic about Westminster's future. Unlike many California cities, the City of Westminster remains fiscally stable despite reduced revenue and funds taken from municipalities by the State of California. City employees continue to work with the Council to provide core services to our citizens.

The police building completed this year will provide an outstanding model for energy efficient, state-of-the-art law enforcement facilities for years to come. The adjacent parking structure, expected to be completed in mid-2012, will resolve parking issues in the civic center experienced with the additional demands made by visitors to the Coast Community College campus and the Westminster Rose Center. During an extended period of economic decline, Westminster's infrastructure and facilities are receiving updates through the use of redevelopment funds.

Please review this brochure for ideas as you plan your holiday activities. There are classes and outings for children, families and seniors. The annual Tree Lighting Ceremony at the Civic Center on December 5 and "Breakfast with Santa" on December 3 are always fun events that help contribute to a happy holiday spirit. And please remember to shop Westminster first to ensure your tax dollars support your community. We wish you a very happy holiday season and an excellent new year in 2012.



CITY OF WESTMINSTER WESTMINSTER CITY HALL

8200 Westminster Blvd.

Monday – Thursday 7:30 a.m. - 5:30 p.m.

Friday 7:30 a.m. - 4:30 p.m.

Closed alternate Fridays
(714) 898-3311

CITY COUNCIL
Meetings are held the
2nd & 4th Wednesdays
of the month in the
Council Chambers
at 7:00 p.m.
8200 Westminster Blvd.

Margie L. Rice
MAYOR
(714) 548-3183
(714) 893-1732

Tyler Diep
MAYOR PRO TEM
(714) 548-3181

Frank G. Fry
COUNCIL MEMBER
(714) 548-3180
(714) 893-3161

Andy Quach
COUNCIL MEMBER
(714) 548-3182

Tri Ta
COUNCIL MEMBER
(714) 548-3179

Mitch Waller
CITY MANAGER
(714) 548-3172

To watch WTV-3 on the City's website www.westminster-ca.gov, click the Cool Click on the homepage, or find WTV-3 in the Community Services tab!

COMMUNITY SERVICES & RECREATION DEPARTMENT

8200 Westminster Boulevard
Monday – Thursday • 7:30 a.m. – 5:30 p.m.
Alternate Fridays • 7:30 a.m. – 4:30 p.m.

RECREATION PROGRAMS

FACILITY RENTALS

(714) 895-2860

SENIOR CENTER

(714) 895-2878

DAMAGE TO PARKS/GRAFFITI HOTLINE

(714) 895-2876

COMMUNITY SERVICES & RECREATION COMMISSION

Penny Loomer, Chairperson

Leo Lopez

Nhi Ho

Jacko Luong

Gia Ly

Lupe Fisher, Alternate

COMMUNITY SERVICES & RECREATION DEPARTMENT STAFF

Community Services Director

Diana Dobbert

Senior Services Supervisor

Claire Hutchinson

Community Services Supervisor

Vanessa Johnson

Family Resource Center Supervisor

Susanna Herrera

Cable TV Production Supervisor

LaVada Cordasco

Community Services Coordinators:

Stacy Yoshida – Sports

Pam Gremling – Special Events

Administrative Assistant

Jennifer Espinoza

The City of Westminster does not discriminate on the basis of race, color, national origin, sex, religion, age, or handicapped status in employment or the provision of services.



ROSE PARADE EXCURSION

On **Monday, January 2, 2012**, celebrate the New Year with the **123rd Rose Parade**. This year's theme, "Just Imagine" promises to bring even more creativity with flowers, music, equestrian units and lots of animation from all over the world. Fee includes transportation on a luxury coach bus, close-in parking, and reserved grandstand seats. Reservations are now available on a limited, first-come, first-served basis.

Date: Monday, January 2, 2012

Age: Adult (under 18 must be accompanied by an adult)

Time: 6:00 a.m. – 2:00 p.m.

#7010.401

\$85.00 per person

Refund Policy: Sorry, no refunds on the Rose Parade excursion, unless your space is filled by another registrant. The bus leaves from 8200 Westminster Blvd., where ample parking is available.

BREAKFAST WITH THE EASTER BUNNY

Get ready for a hopping good time! Join us for a springtime event you won't want to miss! On **Saturday, April 7**, from 9:00 to 11:00 a.m. enjoy a pancake breakfast, crafts, egg hunt, and photos with the Easter Bunny. Adults are encouraged to bring their cameras to capture the special moment. Ticket prices are \$7.00 for adults and children. Children must be accompanied by an adult. **SPACE IS LIMITED, SO PLEASE REGISTER EARLY!!!** For more information, please call the department at (714) 895-2860.

Date: Saturday, April 7, 2012

Age: Adults & Children (Ages 2+)

Time: 9:00 a.m.-11:00 a.m.

#8010.201

\$7.00 per person

Special Events

www.westminster-ca.gov

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Youth Sports Contacts

American Youth Soccer Organization (AYSO)

Region 5 • (714) 927-5969

Region 143 • HOTLINE • (877) 976-6333

Westminster Little League • (714) 894-1578

District 62 Challenger Baseball • (714) 943-0748

National Junior Basketball (NJB) • (714) 765-6567

Junior All-American Football • (714) 299-7619

Westminster Pony Baseball • (657) 200-1221

Southern California Premier Soccer Academy • (866) 450-1674

Youth Sports

BASKETBALL SKILLS CAMP

This camp will introduce boys and girls to the sport of basketball in a fun and productive way. Emphasis will be on the basic FUNDamentals of the sport, which will include ball handling, dribbling, passing, shooting, footwork, defense and rebounding. Children of all abilities and skill levels are welcome.

Instructor: Recreation Staff

Ages: 8-12 yrs

Fee: \$25.00

Length: 2 wks

#6010.101 Sigler Park M-F 1/9-1/20 3:30-4:30 p.m.



SOCCER STARS

Kick into a fun time and learn the basic fundamentals of soccer. Learn to dribble, pass, shoot and defend. Program will cover aspects of defensive and offensive play. Participants should dress in comfortable clothes and tennis shoes (no cleats).

Instructor: Recreation Staff

Ages: 8-12 yrs

Fee: \$25.00 (Includes T-shirt)

Length: 10 wks

#6010.102 Bolsa Chica Park M 1/23-3/26 3:30-4:30 p.m.

#6010.103 Liberty Park M 1/23-3/26 3:30-4:30 p.m.

TEEN HOOPSTERS

Teens will learn the fundamentals of basketball or improve their skills. Fundamentals such as passing, dribbling, shooting, teamwork, and defense will be included. Games will be played on the last three Saturday mornings of the program - March 17, March 24 and March 31 (location and time to be determined).

Instructor: Recreation Staff

Ages: 11-14 yrs

Fee: \$25.00 (Includes T-shirt)

Length: 10 wks

#6010.104 Liberty Park Tu 1/24-3/27 3:30 - 4:30 p.m.

#6010.105 Sigler Park Tu 1/24-3/27 3:30 - 4:30 p.m.

PEE-WEE HOOPSTERS

Participants will learn the beginning fundamentals and basic skills of basketball. Coaches will teach techniques that will help improve the children's abilities while having fun learning the sport. Games will be played on the last three Saturday mornings of the program - March 17, March 24 and March 31 (location and time to be determined).

Instructor: Recreation Staff

Ages: 5-7 yrs

Fee: \$25.00 (Includes T-shirt)

Length: 10 wks

#6010.106 Bolsa Chica Park W 1/25-3/28 3:45-4:30 p.m.

#6010.107 Liberty Park W 1/25-3/28 3:45-4:30 p.m.

YOUTH HOOPSTERS

This is a non-competitive program designed for recreational play. Coaches will teach the fundamentals of the sport, emphasizing teamwork, passing, dribbling and shooting. Games will be played on the last three Saturday mornings of the program - March 17, March 24 and March 31 (location and time to be determined).

Instructor: Recreation Staff

Ages: 8-10 yrs

Fee: \$35.00 (Includes T-shirt)

Length: 10 wks

#6010.108 Bolsa Chica Park Th 1/26-3/29 3:30-4:30 p.m.

#6010.109 Liberty Park Th 1/26-3/29 3:30-4:30 p.m.

LIL' KICKERS

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Participants should dress in comfortable clothes and tennis shoes (no cleats).

Instructor: Recreation Staff

Ages: 5-7 yrs

Fee: \$25.00 (Includes T-shirt)

Length: 10 wks

#6020.101 Bolsa Chica Park F 1/27-3/30 3:45-4:30 p.m.

#6020.102 Liberty Park F 1/27-3/30 3:45-4:30 p.m.

"My two boys have been involved with the Westminster Youth Sports programs for several years and always have a very positive experience. The staff is very encouraging and fun. Thanks for the great program."-Parent, Summer 2011

CLUB WESTMINSTER WINTER PARKS PROGRAM

The City of Westminster's After School Parks Program, **Club Westminster**, is a drop-in recreational program that offers supervised activities for children 6 years and older. Children can participate in sports, games, crafts and many other activities. The parks listed are open Monday through Friday from 2:30 to 5:00 p.m.

BOLSA CHICA PARK, 13660 University St., Phone (714) 897-5911

LIBERTY PARK, 13900 Monroe St., Phone (714) 412-2617

SIGLER PARK, 7200 Plaza St., Phone (714) 715-0262

SPECIAL WINTER VACATION SCHEDULE

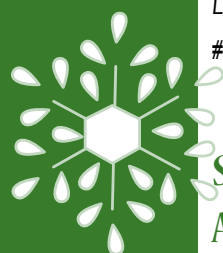
The after school parks program will be extending their hours during winter break at the sites listed above. Park hours will be from 10 a.m. to 4 p.m. during winter vacation, weekdays only, beginning Monday, December 19 and ending Friday, December 30.



WRITE A LETTER TO SANTA CLAUS

All children are invited to write a letter to Santa. Santa's helpers will assist Mr. and Mrs. Claus in answering all the letters received. Make sure your return addresses are on all the letters and they are mailed to the City of Westminster. As Santa is really busy during this time of year, all letters must be received prior to **Monday, December 12.**

**Parks
Make
Life
Better!**



Academics

LEARN SPANISH LEVEL 1 TUTORING

Learn Spanish with this innovative course that emphasizes vocabulary method development. Gradually acquire basic communication skills through listening and speaking at a "survival level" of proficiency. You will benefit from a supportive learning environment that utilizes effective second language acquisition techniques. This class will help non-natives increase their potential for long-term career success by learning oral and written communication skills in Spanish. This class is also open to high school students who need tutoring. **A \$5 material fee is due at first class.** For more information, email alimig@cox.net

Instructor: CALINK Institute Staff Ages: 13+ yrs
 Fee: \$130 (+material fee) Length: 8 wks
 Location: Fountain Valley Senior Center Min: 5 Max: 15

#1000.101 Tu 1/24-3/13 6:00-7:00 p.m.

SPANISH LEVEL 2 Intermediate/Advanced/Tutoring

This combo class will help those students wishing to polish their basic skills while participating in challenging conversation. The Intermediate level provides continued enhancement of listening and reading comprehension with practice in speaking and writing Spanish. Students make significant progress on vocabulary building while developing grammatical accuracy. In the Advanced Level, students learn to master the language by using the appropriate verb in the right tense and enhance their fluency in the Spanish language. This course also includes enhanced cultural and literary reading materials. For more information, please e-mail the instructor at alimig@cox.net. **A \$5 material fee will be due to the instructor at the first meeting.**

Instructor: CALINK Institute Staff Ages: 18+yrs
 Fee: \$130 (+ materials fee) Length: 8 wks
 Location: Fountain Valley Senior Center Min: 5 Max: 8

#1000.102 Tu 1/24-3/13 7:00-8:00 p.m.

Arts & Crafts

PARENT AND TOT CLAYTIME

Roll, pinch and pound! Come and enjoy some creative time with your little one! Your young artist will enjoy a tactile experience using clay as we hand build playful projects step-by-step. Different projects each week. All pieces will be glazed and fired. Aprons will be provided. **There will be a \$20 material fee due to the instructor for clay supplies, glazing, and firing.**

Instructor: Lucia Henry Ages: 3-5 yrs + parent
 Fee: \$65 (+ material fee) Length: 5 wks
 Location: WCSB Craft Room Min: 6 Max: 12

#1000.103 M 1/9-2/13* 11:45 a.m.-12:30 p.m.
 *No class on 1/16.

PARENT AND ME ART TIME

Explore a variety of art materials and fire up your child's imagination. Hands-on projects may include painting, drawing, printmaking, clay sculpture, and much more! Come and enjoy a special creative time with your little artist. All aprons are provided. **There will be a \$20 material fee due to the instructor for clay supplies, paint, watercolor paper, etc.**

Instructor: Lucia Henry Ages: 3-5 yrs + parent
 Fee: \$59 (+material fee) Length: 5 wks
 Location: WCSB Craft Room Min: 6 Max: 12

#1000.104 M 1/9-2/13* 10:30-11:15 a.m.
 *No class on 1/16.

ART: DRAWING AND PAINTING for TEENS & ADULTS!

Maximize your time! This fun class is designed for beginning and intermediate students who would like to learn the necessary skills of drawing and painting. Learn at your own pace and boost your confidence in a supportive atmosphere. The lessons will be alternated, drawing one week, painting the next. **Note: Please ask for the materials list when registering for this class, and bring all materials to the first class meeting.**

Instructor: Pati Kent Ages: 13+ yrs
 Fee: \$85 (+ materials)
 Location: WCSB Craft Room Length: 5 wks
 Min: 3 Max: 20

#1000.105 W 1/11-2/8 1:15-2:45 p.m.
 #1000.106 W 2/22-3/21 1:15-2:45 p.m.

ART: PENCILS, PAINTS, PASTELS AND MORE!

NEW

Come join the fun as Pati Kent teaches children ways to improve their drawing and painting skills in a creative and supportive environment. Class will end with an art show! **Note: Please ask for the materials list when registering for this class, and bring all materials to the first class meeting.**

Instructor: Pati Kent Ages: 7-12 yrs
Fee: \$65 (+materials) Length: 5 wks
Location: WCSB Craft Room Min: 3 Max: 20

#1000.107	W	1/11-2/8	3:00-4:00 p.m.
#1000.108	W	2/22-3/21	3:00-4:00 p.m.

ART: ESSENTIAL CARTOONING

This fun and exciting class will teach character drawing and basic cartooning skills. Limited enrollment. **A material fee of \$35 covers all materials and is payable to the instructor at the first class. Pre-Registration is required.**

Instructor: Pati Kent Ages: 7-12 yrs
Fee: \$42 (+ materials fee) Length: 4 wks
Location: WCSB Craft Room Min: 3 Max: 20

#1000.109	W	1/11-2/1	4:15-5:15 p.m.
#1000.110	W	2/22-3/14	4:15-5:15 p.m.

PRE-SCHOOL PLAY & PRACTICE

Imagine learning activities, award-winning children's literature, arts and crafts, songs, and many more fresh new ideas for your child. Each class is based on a different theme and includes cutting, pasting, painting, coloring, and more importantly, interacting with other children. **A \$5 material fee will be due to the instructor.**

Instructor: Miss Dawna Ages: 2-5 yrs
Fee: \$45 (+material fee) Length: 5 wks
Location: Garden Grove Sports & Rec. Center Min: 10 Max: 20

#1000.111	Sa	1/7-2/4	10:40-11:20 a.m.
#1000.112	Sa	2/11-3/10	10:40-11:20 a.m.

Dance



ZUMBA LATIN DANCE FITNESS!

Zumba is a fun, high-energy, cardio workout that will help you get into great shape! You will learn salsa, merengue, cumbia, cha cha, bachata, and more.

Instructor: Georgina Espinosa Ages: 12+ yrs
Fee: \$32/4 weeks Length: 4 or 8 wks
\$65/8 wks

Location: WCSB E/W Room Min: 10 Max: 40

#2000.101	F	1/6-2/24	7:00-8:00 p.m.
#2000.102	F	3/2-3/23	7:00-8:00 p.m.

ZUMBA

NEW

Join the fun! You will have the time of your life dancing your way to fitness!

Join us as we move to the music, learn new dance moves, burn calories, and tone our bodies.

Instructor: Joanne Pridomirski-Alvo Ages: 13+ yrs
Fee: \$57 Length: 8 wks

Location: WCSB E/W Room Min: 8 Max: 50

#2000.103	M	1/9-3/5*	12:00-12:45 p.m.
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*No class on 2/20.

BALLROOM, SWING, AND LATIN COMBO!

Learn fun, easy patterns in Swing and cha-cha in session 1, Swing and Waltz during session 2, and swing, bachata, and merengue in session 3! Learn to dance to the music played at parties, night clubs, weddings, and cruises. No partner necessary.

Instructor: Efren Barrera Ages: 14+ yrs
Fee: \$45 Length: 4 wks
Location: WCSB E/W Room Min: 4 Max: 30

#2000.104	Tu	1/10-1/31	6:00-7:00 p.m. (Swing & Cha-Cha)
#2000.105	Tu	2/7-2/28	6:00-7:00 p.m. (Swing & Waltz)
#2000.106	Tu	3/6-3/27	6:00-7:00 p.m. (Swing, Bachata & Merengue)



SALSA 1 & 2 for ADULTS!

Salsa, the hot and spicy dance, lets you move to the Latin rhythms in today's club and party scene. Learn hot, beginner patterns in Salsa 1 and intermediate patterns in Salsa 2! Meet people, socialize, and show off your moves! No partner needed. For more information, call Efren Barrera at 714-595-4766.

Instructor: Efren Barrera Ages: 14+ yrs
 Fee: \$45 Length: 4 wks
 Location: WCSB E/W Room Min: 4 Max: 30

#2000.107	Tu	1/10-1/31	7:00-8:00 p.m.	(Salsa 1)
#2000.108	Tu	1/10-1/31	8:00-9:00 p.m.	(Salsa 2)
#2000.109	Tu	2/7-2/28	7:00-8:00 p.m.	(Salsa 1)
#2000.110	Tu	2/7-2/28	8:00-9:00 p.m.	(Salsa 2)
#2000.111	Tu	3/6-3/27	7:00-8:00 p.m.	(Salsa 1)
#2000.112	Tu	3/6-3/27	8:00-9:00 p.m.	(Salsa 2)

INTERMEDIATE LINE DANCING

Dancing is a great way to reduce stress and get fit while having fun. A study at the Albert Einstein Medical Center found dancing to be the only regular physical activity associated with a significant drop in the incidence of dementia, including Alzheimer's. Other studies have shown it to be helpful in the areas of memory, balance and cardiovascular fitness. It's done to all kinds of great music including top 40, waltzes, Latin, country, and disco. No partner needed. Intermediate (Level 3 and 4) dancers only.

Instructor: Suzy Hazard Ages: 18+ yrs
 Fee: \$40 Length: 8 wks
 Location: WCSB E/W Room Min: 20 Max: 60

#2000.113 M 1/9-3/5* 9:30-11:30 a.m.

*No class on 2/20.

HOT SALSA

NEW

You don't have to be a professional dancer to look like one! Come get a great workout! Burn as many calories as running a few miles in this high energy packed dance class geared towards the beginner, but with enough spice to entice the advanced dancer. Learn exciting Latin moves combined with belly exercises and funky hip hop style. Come shake it on the dance floor and... Let's dance! **Dance attire:** Wear all black pants, tank, and clean sneakers with non-marking soles. For more information, visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Jaseida Mojica Age: Teen/Adult
 Fee: \$45 Length: 5 wks
 Location: Wespac Dance Center Min.: 6 Max: 10

#2000.114	Tu	1/10-2/7	8:00-9:00 p.m.
#2000.115	Tu	2/14-3/13	8:00-9:00 p.m.
#2000.116	Tu	3/20-4/17	8:00-9:00 p.m.

SWING DANCE - LINDY HOP

NEW

Brought back by the popular demand from one of today's most watched shows, "Dancing with the Stars!" Learn the basics of Lindy Hop in this powerful Swing dance style that originated the jitterbug, charleston and more. Come have fun with our world championship dance instructors and get the workout of your life while doing it in this social dance environment! Stay after class for our Dance Party with DJ Rad to practice your new moves with our pros! **Dance attire:** Ladies wear nice dress and heels and gentlemen wear collared shirt and nice slacks with dress shoes. For more information, visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Conrad Friesen & Alice Pye Age: Teen/Adult
 Fee: \$45 Length: 5 wks
 Location: Wespac Dance Center Min: 6 Max: 10

#2000.117	F	1/13-2/10	6:30-7:15 p.m.
#2000.118	F	2/17-3/16	6:30-7:15 p.m.
#2000.119	F	3/23-4/20	6:30-7:15 p.m.



HIP HOP MOMS

NEW

Come get a great workout and have fun shaking your booty while learning how to dance! You'll sweat like crazy in this hip hop dance class done to popular music and geared towards busy moms of all dance levels. **Dance attire:** Wear all black pants, tank and clean sneakers with non-marking soles. For more information visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Jennifer Chavarria Age: Adult
Fee: \$45 Length: 5 wks
Location: Wespac Dance Center Min: 6 Max: 10

#2000.120	M	1/9-2/6	8:15-9:00 p.m.
#2000.121	M	2/13-3/12	8:15-9:00 p.m.
#2000.122	M	3/19-4/16	8:15-9:00 p.m.



PEE WEE (INTRO TO DANCE)

LEVEL 1 & 2

Come learn the foundation for all dance styles in this combination of ballet & jazz. Have fun while listening to friendly children's music. **Dance attire:** Wear all ballet pink leotard, tights and ballet shoes. Student must be potty trained prior to taking class. **This is not a parent & me class so parents are encouraged to watch from the lobby. Must take Level 1 for 2 sessions prior to taking Level 2.** For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Valerie Bartosch Age: 2-6 yrs
Fee: \$45 Length: 5 wks
Location: Wespac Dance Center Min: 6 Max: 10

#2000.123	Th	1/12-2/9	5:15-6:00 p.m.	(Level 1)
#2000.124	Th	2/16-3/15	5:15-6:00 p.m.	(Level 1)
#2000.125	Th	3/22-4/19	5:15-6:00 p.m.	(Level 1)
#2000.126	Th	1/12-2/9	6:00-6:45 p.m.	(Level 2)
#2000.127	Th	2/16-3/15	6:00-6:45 p.m.	(Level 2)
#2000.128	Th	3/22-4/19	6:00-6:45 p.m.	(Level 2)

BALLET

This class will utilize ballet barre, center floor work and across the floor. Learn ballet positions in 1st - 5th, jumps, tendue's, plie's, chaine's, pique's, pirouettes and leaps. A routine will be taught at the end of class. **Dance attire:** Wear pastel colored leotard (i.e. light pink, yellow, baby blue or lilac), ballet pink tights and pink ballet shoes, ballet skirt is optional. **Must take Pee Wee Level 2 for 2 sessions prior to taking Ballet Level 3, unless you are over the age of 6.** For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Jaseida Mojica Age: 5-12 yrs
Fee: \$45 Length: 5 wks
Location: Wespac Dance Center Min.: 6 Max: 10

#2000.129	Tu	1/10-2/7	4:30-5:30 p.m.	(Level 3)
#2000.130	Tu	2/14-3/13	4:30-5:30 p.m.	(Level 3)
#2000.131	Tu	3/20-4/17	4:30-5:30 p.m.	(Level 3)

TUMBLING

Learn beginning tumbling technique including splits, somersaults, cartwheels, roundoffs, back handsprings and leaps. A must take course for anyone looking to try out for a competitive cheerleading or dance team at any junior high school, high school, university or professional level. Abs, chest and arms will be toned in the class! **Tumbling attire:** Wear any color leotard with black ballet/jazz shorts and no shoes. For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Susan Prough Age: 5-13 yrs
Fee: \$45 Length: 5 wks
Location: Wespac Dance Center Min: 6 Max: 10

#2000.132	F	1/13-2/10	4:45-5:45 p.m.
#2000.133	F	2/17-3/16	4:45-5:45 p.m.
#2000.134	F	3/23-4/20	4:45-5:45 p.m.

HIP HOP

Come learn the latest LA style Hip Hop dance moves as seen on television, film and videos. Get a great workout while learning how to dance! **Dance attire:** Wear all black pants, tank and clean sneakers with non - marking soles. For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Jennifer Chavarria & Jerome Moore Ages: 5-Adult yrs
Fee: \$45 Length: 5 wks
Location: Wespac Dance Center Min: 6 Max: 10

#2000.135	M	1/9-2/6	6:45-7:30 p.m.	(5 - 12 yrs.)
#2000.136	M	2/13-3/12	6:45-7:30 p.m.	(5 - 12 yrs.)
#2000.137	M	3/19-4/16	6:45-7:30 p.m.	(5 - 12 yrs.)
#2000.138	Th	1/12-2/9	6:45-7:45 p.m.	(Teen/Adult)
#2000.139	Th	2/16-3/15	6:45-7:45 p.m.	(Teen/Adult)
#2000.140	Th	3/22-4/19	6:45-7:45 p.m.	(Teen/Adult)

HULA

Learn the cultural dance of the Hawaiian and Tahitian Islands. This class is geared towards students who are looking to get a great workout while having fun.

Dance attire: Wear black tank or leotard with black shorts or leggings and any color sarong is optional. For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Cathie Laurie Age: 5-12 yrs
Fee: \$45 Length: 5 wks
Location: Wespac Dance Center Min: 6 Max: 10

#2000.141	F	1/13-2/10	5:45-6:30 p.m.
#2000.142	F	2/17-3/16	5:45-6:30 p.m.
#2000.143	F	3/23-4/20	5:45-6:30 p.m.

BELLY DANCING

This class will focus on orientale/beledi technique, rhythms, finger cymbals, veil work and improvisations. Get a great lo-impact, cardio workout while dancing to the beautiful middle-eastern beats. **Dance attire:** Wear black tank or leotard with black shorts or leggings and any color belly dancing hip scarf is optional, barefoot or ballet shoes are optional. **Must take Level 1 for 2 sessions prior to taking level 2.** For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Rania Bossonis Age: Teen/Adult
Fee: \$45 Length: 5 wks
Location: Wespac Dance Center Min: 6 Max: 10

#2000.144	W	1/11-2/8	6:30-7:30 p.m.	(Level 1)
#2000.145	W	2/15-3/14	6:30-7:30 p.m.	(Level 1)
#2000.146	W	3/21-4/18	6:30-7:30 p.m.	(Level 1)
#2000.147	W	1/11-2/8	7:30-8:30 p.m.	(Level 2)
#2000.148	W	2/15-3/14	7:30-8:30 p.m.	(Level 2)
#2000.149	W	3/21-4/18	7:30-8:30 p.m.	(Level 2)

OUR FIRST DANCE AS MR. & MRS.

Learn the basics of couples' dancing and look great on your wedding day. Your friends and family will be amazed! Even if you are not getting married and you are a guest or father of the bride, all couples are welcome to take this ballroom dance class which is a great way to prepare for any social event or special occasion. **Dance attire:** Ladies wear nice dress and heels and gentlemen wear collared shirt and nice slacks with dress shoes. For more info visit our website at www.wespacdance.com or call 714-893-2623.

Instructor: Jaseida Mojica Age: 18+ yrs
Fee: \$90 per couple Length: 5 wks
Location: Wespac Dance Center Min: 6 Max: 10

#2000.150	W	1/11-2/8	8:30-9:15 p.m.
#2000.151	W	2/15-3/14	8:30-9:15 p.m.
#2000.152	W	3/21-4/18	8:30-9:15 p.m.

TEENY TUMBLERS AND DANCERS

Enjoy concentrated time together in activities that are fun for both parents and little cruisers. Early walkers will build important motor skills, balance and coordination as they explore tunnels, slides and ramps. Adult participation is required.

Instructor: Miss Dawna Ages: 9-24 mths.
Fee: \$45 Length: 5 wks
Location: Garden Grove Sports & Rec. Center Min: 8 Max: 20

#2000.153	Sa	1/7-2/4	12:40-1:10 p.m.
#2000.154	Sa	2/11-3/10	12:40-1:10 p.m.



BALLET, TAP, and TUMBLING

Ballet develops physical control, strength, balance, and grace. Tap develops a sense of rhythm and timing useful in music study and athletics. Children will have lots of fun learning age-appropriate gymnastic skills including rolling, jumping, "Position of the day", animal walks, and balance beams.

Instructor: Miss Dawna Ages: 2-5 and 5-12 yrs
Fee: \$45 Length: 5 wks
Location: Garden Grove Sports & Rec. Center Min: 10 Max: 20

#2000.155	Sa	1/7-2/4	11:20 a.m.-12:00 p.m.	(Ages 2-5)
#2000.156	Sa	2/11-3/10	11:20 a.m.-12:00 p.m.	(Ages 2-5)
#2000.157	Sa	1/7-2/4	12:00-12:40 p.m.	(Ages 5-12)
#2000.158	Sa	2/11-3/10	12:00-12:40 p.m.	(Ages 5-12)

Music

PIANO IS FUN – FOR CHILDREN!

In this popular keyboard class, students cover all the basics of music through learning the piano: theory, reading, ear training, creativity etc. Students have fun playing songs on REAL quality pianos! Recitals and State Examinations are eventually offered to all qualified students. **All beginning materials are included FREE!**

Instructor: Piano Place MAC Staff Ages: 4 -10 yrs
 Fee: \$40 Length: 4 wks
 Location: Piano Place Music and Arts Center Min: 5 Max: 9

Ages 4-6:

#3000.101	M	1/9-1/30	3:30-4:15 p.m.
#3000.102	W	1/11-2/1	3:30-4:15 p.m.
#3000.103	M	2/6-2/27	3:30-4:15 p.m.
#3000.104	W	2/8-2/29	3:30-4:15 p.m.
#3000.105	M	3/5-3/26	3:30-4:15 p.m.
#3000.106	W	3/7-3/28	3:30-4:15 p.m.

Ages 7-10:

#3000.107	M	1/9-1/30	4:15-5:00 p.m.
#3000.108	W	1/11-2/1	4:15-5:00 p.m.
#3000.109	M	2/6-2/27	4:15-5:00 p.m.
#3000.110	W	2/8-2/29	4:15-5:00 p.m.
#3000.111	M	3/5-3/26	4:15-5:00 p.m.
#3000.112	W	3/7-3/28	4:15-5:00 p.m.

PIANO IS FUN – FOR TEENS AND PRE-TEENS!

Students are introduced to reading music and playing the piano by ear in this fun and easy class. Creating new songs each lesson, students love learning together as a class, preparing themselves for their first teen rock group! Recitals and State Exams are eventually provided. **All beginning materials are included FREE!**

Instructor: Piano Place MAC Staff Ages: 11-17 yrs
 Fee: \$40 Length: 4 wks
 Location: Piano Place Music and Arts Center Min: 5 Max: 9

#3000.113	M	1/9-1/30	5:00-5:45 p.m.
#3000.114	W	1/11-2/1	5:00-5:45 p.m.
#3000.115	M	2/6-2/27	5:00-5:45 p.m.
#3000.116	W	2/8-2/29	5:00-5:45 p.m.
#3000.117	M	3/5-3/26	5:00-5:45 p.m.
#3000.118	W	3/7-3/28	5:00-5:45 p.m.

PIANO IS FUN – FOR ADULTS AND SENIORS!

Play those favorite songs at the piano that you've always loved (it's never too late)! You'll learn how to read music, play by ear, and have fun playing as a group. No practice or keyboard is required to take this class; just show up and try your hand(s) at it! **A \$10 material fee will be due to the instructor.**

Instructor: Piano Place MAC Staff Ages: 18+ yrs
 Fee: \$40 (+material fee) Length: 4 wks
 Location: Piano Place Music and Arts Center Min: 5 Max: 9

#3000.119	M	1/9-1/30	7:15-8:00 p.m.
#3000.120	W	2/8-2/29	7:15-8:00 p.m.
#3000.121	F	3/9-3/30	6:30-7:15 p.m.

GUITAR IS FUN – FOR CHILDREN, TEENS, AND ADULTS!

Students enjoy playing and creating songs in this popular class, using single notes and chords. Reading staff notation and tablature, basic music theory and playing by ear are covered. Playing in a group prepares students for playing in their own future band! **A \$10 material fee will be due to the instructor. Students must bring their own guitar.**

Instructor: Piano Place MAC Staff Ages: 6+ yrs
 Fee: \$40 (+material fee) Length: 4 wks
 Location: Piano Place Music and Arts Center Min: 5 Max: 8

Ages 6-10:

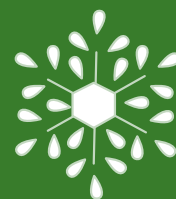
#3000.122	M	1/9-1/30	4:15-5:00 p.m.
#3000.123	M	2/6-2/27	4:15-5:00 p.m.
#3000.124	M	3/5-3/26	4:15-5:00 p.m.

Ages 11-17:

#3000.125	M	1/9-1/30	5:00-5:45 p.m.
#3000.126	M	2/6-2/27	5:00-5:45 p.m.
#3000.127	M	3/5-3/26	5:00-5:45 p.m.

Ages 18+:

#3000.128	M	1/9-1/30	5:45-6:30 p.m.
#3000.129	M	2/6-2/27	5:45-6:30 p.m.
#3000.130	M	3/5-3/26	5:45-6:30 p.m.



SINGING IS FUN – FOR CHILDREN and TEENS!

Proper vocal technic, intonation, and style are taught in this small group class, where musical numbers really come to life! Theory and notation are also covered, preparing students to sing some of those great hit songs that they really like! **A material fee of \$20 (which includes a book and CD), will be due to the instructor.**

Instructor: Piano Place MAC Staff
 Fee: \$40 (+ Material fee)
 Location: Piano Place Music and Arts Center

Ages: 6-17 yrs
 Length: 4 wks
 Min: 5 Max: 8

Ages 6-10:

#3000.131	Th	1/5-1/26	3:30-4:00 p.m.
#3000.132	Th	1/5-1/26	5:00-5:45 p.m.
#3000.133	Th	2/2-2/23	3:30-4:00 p.m.
#3000.134	Th	2/2-2/23	5:00-5:45 p.m.
#3000.135	Th	3/8-3/29	3:30-4:00 p.m.
#3000.136	Th	3/8-3/29	5:00-5:45 p.m.

Ages 11-17:

#3000.137	Th	1/5-1/26	4:15-5:00 p.m.
#3000.138	Th	1/5-1/26	5:45-6:30 p.m.
#3000.139	Th	2/2-2/23	4:15-5:00 p.m.
#3000.140	Th	2/2-2/23	5:45-6:30 p.m.
#3000.141	Th	3/8-3/29	4:15-5:00 p.m.
#3000.142	Th	3/8-3/29	5:45-6:30 p.m.

DRUMMING IS FUN – FOR CHILDREN AND TEENS!

In this exciting class, students have fun learning the basics of drum technic. Using drum pads and/or snare drums, different rhythms, coordination, and notation are covered. Making music together, students prepare themselves for their future drum set! Students must bring their own sticks as well as a drum pad and/or snare drum. **A material fee of \$10 will be due to the instructor.**

Instructor: Piano Place MAC Staff
 Fee: \$40 (+ Material fee)
 Location: Piano Place Music and Arts Center

Ages: 6-17 yrs
 Length: 4 wks
 Min: 3 Max: 6

Ages 6-10:

#3000.143	M	1/9-1/30	6:00-6:45 p.m.
#3000.144	M	2/6-2/27	6:00-6:45 p.m.
#3000.145	M	3/5-3/26	6:00-6:45 p.m.

Ages 11-17:

#3000.146	M	1/9-1/30	6:45-7:15 p.m.
#3000.147	M	2/6-2/27	6:45-7:15 p.m.
#3000.148	M	3/5-3/26	6:45-7:15 p.m.

Ages 18+:

#3000.149	M	1/9-1/30	7:15-8:00 p.m.
#3000.150	M	2/6-2/27	7:15-8:00 p.m.
#3000.151	M	3/5-3/26	7:15-8:00 p.m.

VIOLIN IS FUN – FOR CHILDREN AND TEENS!

This class teaches the basics of the violin: intonation, technic, and bowing. In addition, some basic music theory and reading skills are taught. Students enjoy learning in small groups, where they can make or create ensemble music together, preparing themselves for playing in their first orchestra! **A material fee of \$10 will be due to the instructor. Students must provide their own violin.**

Instructor: Piano Place MAC Staff
 Fee: \$40 (+ Material fee)
 Location: Piano Place Music and Arts Center

Ages: 6-17 yrs
 Length: 4 wks
 Min: 3 Max: 6

Ages 6-10:

#3000.152	F	1/6-1/27	3:30-4:15 p.m.
#3000.153	Sa	2/4-2/25	1:00-1:45 p.m.
#3000.154	F	3/2-3/23	3:30-4:15 p.m.
#3000.155	Sa	3/3-3/24	1:00-1:45 p.m.

Ages 11-17:

#3000.156	F	1/6-1/27	4:15-5:00 p.m.
#3000.157	Sa	2/4-2/25	1:45-2:30 p.m.
#3000.158	F	3/2-3/23	4:15-5:00 p.m.
#3000.159	Sa	3/3-3/24	1:45-2:30 p.m.



SESAME STREET MUSIC WORKS

This program is a fantastic program designed for children ages 2-6 and their parents, grandparents, teachers, and caregivers to be involved in music making. Fountain Valley Music is a licensed education center for the Sesame Street Music Works Program.

Instructor: FVM Staff
 Fee: \$30 (+ material fee)
 Location: Fountain Valley Music

Ages: 2-6 yrs
 Length: 4 wks
 Min: 5 Max: 10

#3000.160	Tu	1/24-2/14	9:30-10:00 a.m.
#3000.161	Tu	1/24-2/14	2:00-2:30 p.m.

GOT TO SING! Today's Top Hits

This is a fun vocal techniques class. All ages are taught proper breathing, posture, and technique. You will learn how to train your voice while learning to sing in a group.

Instructor: FVM Staff
 Fee: \$45 (+ material fee)
 Location: Fountain Valley Music

Ages: 6-Adult
 Length: 4 wks
 Min: 5 Max: 10

#3000.162	W	1/25-2/15	5:30-6:15 p.m.	(Ages 6-9)
#3000.163	Sa	1/28-2/18	9:00-9:45 a.m.	(Ages 6-9)
#3000.164	W	1/25-2/15	6:15-7:00 p.m.	(Ages 10-15)
#3000.165	Sa	1/28-2/18	9:45-10:30 a.m.	(Ages 10-15)
#3000.166	Sa	1/28-2/18	10:30-11:15 a.m.	(Ages 16+)

KEYS TO MUSIC – Beginning Piano/Keyboard

Piano is the perfect instrument to start your music career. In addition to playing piano/keyboard, you will play listening games, sing, do rhythm activities and more. You should have a piano/keyboard to play on at home. They are also available at Fountain Valley Music. These classes are fun! **There will be a \$30 material fee due to the instructor which includes a lesson book, note finder, and bag.**

Instructor: FVM Staff
 Fee: \$45 (+ material fee)
 Location: Fountain Valley Music

Ages: 4-Adult
 Length: 4 wks
 Min: 5 Max: 10

#3000.167	M	1/23-2/13	2:15-3:00 p.m.	(Ages 4-5)
#3000.168	W	1/25-2/15	1:00-1:45 p.m.	(Ages 4-5)
#3000.169	Tu	1/24-2/14	6:30-7:15 p.m.	(Ages 6-9)
#3000.170	Sa	1/28-2/18	10:15-11:00 a.m.	(Ages 6-9)
#3000.171	Tu	1/24-2/14	8:00-8:45 p.m.	(Ages 10-15)
#3000.172	Th	1/26-2/16	8:15-9:00 p.m.	(Ages 16+)
#3000.173	Su	1/29-2/19	1:00-1:45 p.m.	(Ages 16+)

Congratulations to Fountain Valley Music for being named "Best Music School (Independent)" by Parenting OC Magazine, Readers' Choice 2011 issue!

GITARLAND – Beginning Guitar

This course is a basic approach to playing the guitar, for beginners only. Students learn: Basics of reading music, learn rhythm and tempo, and how to tune your guitar. This is a very popular and fun class. **Please bring your own guitar to practice or you may rent one for a nominal cost.**

Instructor: FVM Staff
 Fee: \$45 (+ material fee)
 Location: Fountain Valley Music

Ages: 6-Adult
 Length: 4 wks
 Min: 5 Max: 10

#3000.174	Sa	1/28-2/18	3:00-3:45 p.m.	(Ages 6-9)
#3000.175	Su	1/29-2/19	5:00-5:45 p.m.	(Ages 6-9)
#3000.176	Th	1/26-2/16	4:45-5:30 p.m.	(Ages 10-15)
#3000.177	Sa	1/28-2/18	3:45-4:30 p.m.	(Ages 10-15)
#3000.178	Th	1/26-2/16	5:30-6:15 p.m.	(Ages 16+)
#3000.179	Su	1/29-2/19	3:00-3:45 p.m.	(Ages 16+)

UKULELE JAM

Play Ukulele and have fun! You will work on chords, sing, and learn songs. Perfect for the whole family. You will need to bring your own ukulele. **There will be a \$20 material fee due to the instructor which will include a music book and CD/DVD.**

Instructor: FVM Staff
 Fee: \$30 (+ material fee)
 Location: Fountain Valley Music

Ages: 8-Adult
 Length: 4 wks
 Min: 5 Max: 10

#3000.180	Sa	1/28-2/18	2:30-3:00 p.m.
#3000.181	Su	1/29-2/19	5:00-5:30 p.m.

BREAKTHROUGH AUSTRALIAN PIANO

Play 4 songs in 4 different styles in 5 weeks! Breakthrough Australian piano method allows students to play immediately. All materials will be included. Students will receive a DVD and workbook. For more information, please visit www.dancingkeys.com.

Instructor: Alex Thai Nguyen
 Fee: \$40
 Location: WCSB Craft Room

Ages: 7-14 yrs
 Length: 4 wks
 Min: 4 Max: 10

#3000.182	M	1/9-1/30	6:00-6:45 p.m.
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Special Interest

CPR FOR ADULTS, INFANTS, AND CHILDREN

This class is designed to teach both the average person and professional how to initially respond to cardiac or respiratory arrest. Learn simple rescue CPR for adults, children and infants, as well as, foreign object removal techniques for airways. You will receive your certification upon completion of the class. **A \$20 materials fee is payable to the instructor at class.**

Instructor: Jack Griswold
Fee: \$10 (+ materials fee)
Location: WCSB Room A/B

Ages: 12+ yrs
Length: 1 day
Min: 8 Max: 20

#4000.101	Sa	1/14/11	8:00-11:00 a.m.
#4000.102	Sa	2/4/11	8:00-11:00 a.m.
#4000.103	Sa	2/25/11	8:00-11:00 a.m.
#4000.104	M	3/12/11	6:00-10:00 p.m.



FIRST AID

Learn to respond to and assess an injury or illness. Topics covered include vital signs, bleeding, heat and cold emergencies, strokes, and seizures. You will receive a state and nationally recognized EMS first aid card and certification. **A \$20 materials fee is payable to the instructor at class.**

Instructor: Jack Griswold
Fee: \$10 (+ materials fee)
Location: WCSB Room A/B

Ages: 12+ yrs
Length: 1 day
Min: 8 Max: 20

#4000.105	Sa	1/14/11	11:00 a.m.-2:00 p.m.
#4000.106	Sa	2/4/11	11:00 a.m.-2:00 p.m.
#4000.107	Sa	2/25/11	11:00 a.m.-2:00 p.m.
#4000.108	M	3/26/11	6:00-10:00 p.m.

YOU'RE ON THE AIR...HOW TO REALLY MAKE IT IN VOICE-OVERS!

Voice-overs are hot today! You'll learn about an exciting, new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! Learn about the numerous opportunities, income potential, and "demos". Step up to the mic and hear the results!

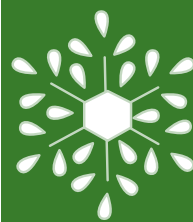
Instructor: Ann Ganguzza
Fee: \$30
Location: WCSB Craft Room

Ages: 18+ years
Length: 1 day
Min: 4 Max: 40

#4000.109	Tu	2/7/12	7:00-9:00 p.m.
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Producer/Coach Anne Ganguzza has an enthusiastic, energetic, and fun personality that makes working with her a joy. She has 17 years of teaching experience and has voiced hundreds of commercials, corporate narrations, infomercials, audiobooks, and much more. Her combination of initiative and drive will help you reach your voice over goals.





BECOME SLENDER WITH HYPNOSIS

Using hypnosis to **change** the habits and behaviors that have led to weight problems is safe and comfortable. Many people find that by using the **natural** power of their own mind they are able to create **success** and **satisfaction** with surprising ease, without dieting or deprivation. **An accompanying CD/cassette is recommended and available in class for \$13.** Pillow/blanket/mat optional.

Instructor: Pamela J. Schmidt, M.S., C.C.H. Ages: Adult
 Fee: \$50 Length: 4 wks
 Location: WCSB Room A/B Min: 8 Max: 20
 #4000.110 M 1/23-2/13 7:30-9:00 p.m.

BECOME A NON-SMOKER WITH HYPNOSIS

If you are committed to claiming your **freedom** to be a nonsmoker, hypnosis is one of the easiest, most **natural** ways to accomplish this goal. Save your breath-and your money-and let the natural **power** of your own mind bring about this **success**. **An accompanying CD/cassette is recommended and available in class for \$13.** Pillow/blanket/mat optional.

Instructor: Pamela J. Schmidt, M.S., C.C.H. Ages: Adult
 Fee: \$28 Length: 2 wks
 Location: WCSB Room A/B Min: 8 Max: 20
 #4000.111 M 2/27-3/5 7:30-9:00 p.m.

ONLINE DRIVER'S EDUCATION

Learn to drive – the right way!! This is an online course with videos, animated driving scenarios and sample test questions. Learn the rules of the road, major causes of traffic collisions, DMV procedures and much more. A licensed instructor is available to answer any questions. Receive DMV-approved Certificate of Completion. Sign up for the month that you would like to begin the class.

Instructor: Erika Vieyra Ages: 15+ yrs
 Fee: \$49 Length: 24/7 daily access
 Location: Online
 #4000.112 Su 1/1/11 Arranged after registering
 #4000.113 W 2/1/11 Arranged after registering
 #4000.114 Th 3/1/11 Arranged after registering

PUPPY KINDERGARTEN

Start Your Pup Out on the Right Paw!

Geared for young puppies between two and five months of age, this course emphasizes socialization and introduces basic commands and walking on a leash. Various puppy care topics such as housebreaking, teething problems, health care pointers, etc. are discussed. Awards are presented at the last class. **Please do NOT bring puppies to the first class, orientation meeting. Do bring vaccination records and \$10 insurance/training manual fee due to your instructor at the first meeting.**

Instructor: Khara Knight (HHDOC) Ages: 10 yrs to Adult (Handlers)
 Hacienda Hills Dog Obedience Club (Dogs: 2-5 mos)
 Fee: \$72.00 Length: 6 wks
 Location: H. Louis Lake Senior Center Min: 6 Max: 25
 11300 Stanford (between 9th & Euclid) in GARDEN GROVE
 1st mtg. **orientation**, held inside **without** dogs
 (ALL other mtgs. **with** dogs on grass area adjacent to Senior Center)
 #4000.115 Sa 1/21-2/25 8:30-9:30 a.m.

DOG OBEDIENCE TRAINING

Give your dog a new leash on life! This beginner-level course is open to all breeds of dogs over 5 months (larger breeds accepted at 4 months). Exercises will include proper heel command, automatic sit, sit-stay and down-stay, stand for inspection, and come commands. Behavior problems such as destructive chewing, hole digging, and over-exuberance will also be addressed. **The first meeting will be an orientation WITHOUT DOGS. Please bring vaccination records and \$10 insurance fee due to your instructor at the first meeting.**

Instructor: Khara Knight Ages: 10+ yrs (Handlers)
 Hacienda Hills Dog Obedience Club Dogs: 5 mos. + older (lrg breeds 4 mos. + older)
 Length: 8 wks
 Fee: \$82.00 Min: 8 Max: 25
 Location: H. Louis Lake Senior Center
 11300 Stanford (between 9th & Euclid) in GARDEN GROVE
 1st mtg. **orientation**, held inside **without** dogs
 (ALL other mtgs. **with** dogs on grass area adjacent to Senior Center)
 #4000.116 Sa 1/21-3/10 9:30-10:30 a.m.

DOG MANNERS "CRASH COURSE"

This is a 4 week, fast-paced course designed for people who need to accomplish their dog training goals and get behavior problems under control within a limited period of time. Each week new obedience skills will be introduced and preventative and corrective measures for a variety of bad habits will be discussed (e.g. sit, down on command, stay in sit or down position in presence of distractions, come when called, and controlled walking on a leash). **Pre-Register! You will be contacted regarding what to bring to the first lesson. Dogs are brought to all meetings. There will be a \$5 insurance fee due to your instructor at the first meeting.**

Instructor: Khara Knight, Ages: 10+ yrs (Handlers)
 Hacienda Hills Dog Obedience Club Dogs: 6 mos.+ older
 Location: Bolsa Chica Park (lrg breeds 4 mos.+ older)
 Fee: \$69.00 Length: 4 wks
 Min: 6 Max: 20

#4000.117 Tu 1/24-2/21* 6:30-7:45 p.m.

*No class on 2/14.

FUN ON THE FARM

Let's visit the farm! We will learn how to milk a goat, shear a sheep, feed a pig, hold a chicken and ride ponies! We will also make crafts and sing songs with puppets! **Parent participation is required. There will be a \$20 material fee due to the instructor.**

Instructor: Cheryl Skidmore & Staff Ages: 18 mths-6 yrs
 Fee: \$60 (+ material fee) Length: 4 wks
 Location: Rancho Del Rio Stables Min: 5 Max: 15

#4000.118 F 1/20-2/10 11:00 a.m.-12:00 p.m.

#4000.119 F 2/17-3/9 11:00 a.m.-12:00 p.m.

HORSE FUN FOR PRESCHOOLERS

Along with your parent you will learn how to handle horses, groom, saddle, and ride them! Wear closed toed shoes, jean pants and bike helmet! No unregistered siblings! **Parent participation required. There will be a \$20 material fee due to the instructor.**

Instructor: Cheryl Skidmore & Staff Ages: 3-6 yrs
 Fee: \$60 (+ material fee) Length: 4 wks
 Location: Rancho Del Rio Stables Min: 5 Max: 15

#4000.120 Sa 1/21-2/11 11:00 a.m.-12:00 p.m.

#4000.121 Sa 2/18-3/10 11:00 a.m.-12:00 p.m.



HORSE FUN FOR KIDS

So you want to be a cowboy? Learn how to handle horses and ride them! Basic horsemanship, safety and riding are taught! **Please wear closed toed shoes, jean pants and bring a bike helmet! There will be a \$20 material fee due to the instructor.**

Instructor: Cheryl Skidmore & Staff Ages: 7-12 yrs
 Fee: \$60 (+ materials fee) Length: 4 wks
 Location: Rancho Del Rio Stables Min: 5 Max: 15

#4000.122 Sa 1/21-2/11 12:00-1:00 p.m.

#4000.123 Sa 2/18-3/10 12:00-1:00 p.m.

HORSE FUN FOR ADULTS

Relive your childhood dreams! Ride horses! We will teach you how to halter, groom, horsemanship, safety and basic riding skills! **There will be a \$20 material fee due to the instructor.**

Instructor: Cheryl Skidmore & Staff Ages: 13+ yrs
 Fee: \$60 (+ materials fee) Length: 4 wks
 Location: Rancho Del Rio Stables Min: 5 Max: 15

#4000.124 Sa 1/21-2/11 3:00-4:00 p.m.

#4000.125 Sa 2/18-3/10 3:00-4:00 p.m.

Sports and Fitness

PARENT & ME SOCCER

NEW

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills.

Instructor: Kidz Love Soccer Ages: 2-3 ½ yrs
 Fee: \$71 Length: 7 wks
 Location: Fountain Valley Recreation Center (Field) Min: 2 Max: 10

#5000.101 M 1/30-3/19* 5:10-5:40 p.m.
 *No class on 2/20.

TOT SOCCER

NEW

Little Tykes will enjoy running and kicking just like the big kids! Encourages large motor skills development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Ages: 3 ½ -4 yrs
 Fee: \$71 Length: 7 wks
 Location: Fountain Valley Recreation Center (Field) Min: 2 Max: 10

#5000.102 M 1/30-3/19* 3:00-3:30 p.m.
 *No class on 2/20.



PRE SOCCER

NEW

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

Instructor: Kidz Love Soccer Ages: 4-5 yrs
 Fee: \$71 Length: 7 wks
 Location: Fountain Valley Recreation Center (Field) Min: 2 Max: 10

#5000.103 M 1/30-3/19* 3:00-3:30 p.m.
 *No class on 2/20.

YOGALATIES

Experience the benefits of both Yoga and Pilates! Lose belly fat and strengthen your core. Through Yoga you will stretch, work on strength, and gain flexibility. Through Pilates you will lose excess fat, especially around your stomach and strengthen your core.

Instructor: Athina Rosario Ages: 14+ yrs
 Fee: \$77 Length: 10 wks
 Location: WCSB Room A/B Min: 5 Max: 50

#5000.104 Tu 1/10-3/13 9:45-10:45 a.m.
 #5000.105 Th 1/12-3/15 9:45-10:45 a.m.

YOGA FOR HEALTH

Work out your stress, develop more balance, and find relief doing Yoga Vinyasa. Yoga is a great form of exercise in that it helps you relax, stretches your muscles, aids in gaining or maintaining balance, helps with flexibility, and is an overall strengthening and relaxing activity. See for yourself why yoga is so helpful for a life of well-being.

Instructor: Athina Rosario Ages: 14+ yrs
 Fee: \$77 Length: 10 wks
 Location: WCSB Room A/B Min: 5 Max: 50

#5000.106 Tu 1/10-3/13 8:15-9:30 a.m.
 #5000.107 W 1/11-3/14 8:15-9:30 a.m.
 #5000.108 Th 1/12-3/15 8:15-9:30 a.m.

TAI CHI CHUAN FOR HEALTH

There are great benefits in doing tai chi, including feeling more rested, having more energy, and gaining balance. Tai Chi Chuan is a therapeutic and easier form of 26 moves that can be done sitting or standing.

Instructor: Athina Rosario Ages: 14+ yrs
 Fee: \$77 Length: 10 wks
 Location: WCSB Room A/B Min: 5 Max: 50

#5000.109 Tu 1/10-3/13 11:00 a.m.-12:00 p.m.
 #5000.110 W 1/11-3/14 9:45-10:45 a.m.
 #5000.111 Th 1/12-3/15 11:00 a.m.-12:00 p.m.

"You get very centered and relaxed. I don't stay centered if I don't do Tai Chi. She [Athina] is a great instructor. You will love her!"-
 Student, Fall 2011



DEEP RELAXATION

Through yoga, some tai chi, and exercises to calm the mind, you'll find tranquility and you'll be able to rest.

Instructor: Athina Rosario

Ages: 14+ yrs

Fee: \$107

Length: 10 wks

Location: Westminster Mall

Min: 5 Max: 50

(Entrance to the classroom is located outside the mall in room 2010, near the Todai main mall entrance in between Macy's and JCPenney.)

#5000.112

W

1/11-3/14

7:00-8:00 p.m.



TEEN FEMALE SELF DEFENSE~YOU HAVE THE RIGHT TO SAY NO!

More than 1 in 3 women will fall victim to sexual assault and the majority know their attacker! Striking techniques are not enough. We teach students to recognize when their boundaries are being crossed. We teach assertive communication skills and give you daily ways to practice them, and we teach effective, easy to remember strikes. This is a 3 hour package of life changing skills. **Please wear comfortable clothing and bring a light snack. This class is for females only.**

Instructor: April Hawley and

Melanie Vernon Sinclair

Fee: \$39

Location: American Tiger Martial Arts & Fitness

Ages: 13+ yrs

Length: 1 day

Min: 5 Max: 15

#5000.113

F

1/20/12

6:00-9:00 p.m.

#5000.114

F

2/17/12

6:00-9:00 p.m.

#5000.115

F

3/16/12

6:00-9:00 p.m.



O.C. ELITE CHEER & TUMBLING

Join Orange County's National Award winning competitive cheer and tumbling organization! Beginning through advanced levels will learn the correct fundamentals of tumbling, cheerleading, dance, and stunting while increasing flexibility, strength, self-confidence, self-motivation, perseverance, and teamwork skills. Cheerleaders have the opportunity to perform in parades, community events, cheer at local football games, and compete at competitions through the year. If participants decide to join the competitive team, they will be required to purchase uniforms for competitions in October (approximately \$250); however, fundraising opportunities will be available to help defray the cost.

Instructor: Brooke McComb & Staff

Ages: 7-15 yrs

Fee: \$50 (+ uniform cost)

Length: 4 wks

Location: WCSB East/West Room

Min: 6 Max: 25

#5000.116

M

1/9-1/30

5:45-7:15 p.m.

#5000.117

M

2/6-2/27*

5:45-7:15 p.m.

#5000.118

M

3/5-3/26

5:45-7:15 p.m.

*No class on 2/20. There will be a makeup class on Friday, 2/24, held at the Westminster Mall, (entrance to the classroom at the mall is located outside the mall in room 2010, near the Todai main mall entrance in between Macy's and JCPenney.)



PARENT & ME ICE SKATING

What a great opportunity to bond with your child as you both learn to skate in a fun and relaxed atmosphere. One parent and one child per class. Includes skate rental, 30-minute lesson, free practice on the day of class (3:10-4:40 p.m. for Tuesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm.

Instructor: Westminster Ice Arena Staff Ages: 3-5 yrs
 Fee: \$37 Length: 4 wks
 Location: Westminster ICE Min: 1 Max: 8

#5000.119	Tu	1/17-2/7	4:10-4:40 p.m.
#5000.120	Sa	1/21-2/11	11:15-11:45 a.m.
#5000.121	Tu	2/28-3/20	4:10-4:40 p.m.
#5000.122	Sa	3/3-3/24	11:15-11:45 a.m.



ICE SKATING FOR TOTS

Join the fun at Westminster ICE! Beginning ice skating made fun and easy. Learn to march, glide, fall down and get up properly. Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00 p.m. for Wednesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff Ages: 3-5 yrs
 Fee: \$37 Length: 4 wks
 Location: Westminster ICE Min: 1 Max: 8

#5000.123	W	1/18-2/8	5:10-5:40 p.m.
#5000.124	Sa	1/21-2/11	10:45-11:15 a.m.
#5000.125	W	2/29-3/21	5:10-5:40 p.m.
#5000.126	Sa	3/3-3/24	10:45-11:15 a.m.

BEGINNING ICE SKATING

Enjoy the Winter Olympics' most beautiful sport-Figure Skating. Learn to skate across the ice forward and backward, stop, hop, spin, and more! Includes skate rental, 30-minute lesson, free practice on day of class (3:00-4:30 p.m. for Wednesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff Ages: 6-16 yrs
 Fee: \$37 Length: 4 wks
 Location: Westminster ICE Min: 1 Max: 12

#5000.127	W	1/18-2/8	4:30-5:00 p.m.
#5000.128	Sa	1/21-2/11	11:15-11:45 a.m.
#5000.129	W	2/29-3/21	4:30-5:00 p.m.
#5000.130	Sa	3/3-3/24	11:15-11:45 a.m.

BEGINNING ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin, and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10 p.m.), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff Ages: 17+ yrs
 Fee: \$37 Length: 4 wks
 Location: Westminster ICE Min: 1 Max: 12

#5000.131	W	1/18-2/8	6:10-6:40 p.m.
#5000.132	W	2/29-3/21	6:10-6:40 p.m.

ICE HOCKEY SKATING SKILLS

Want to play hockey but don't know where to start? Learn basic skating skills necessary for hockey including forward and backward skating, stopping, and turning. Pucks and sticks are not used during this class. Includes skate rental, 30-minute lesson, free practice on day of class (3:00-5:00 p.m. for Wednesday class and 12:00-2:00 p.m. for Saturday class), and three additional skating passes to be used during the 4-week session. **Please arrive 15 minutes early to the 1st class and dress warm.**

Instructor: Westminster Ice Arena Staff Ages: 6-16 yrs
 Fee: \$37 Length: 4 wks
 Location: Westminster ICE Min: 1 Max: 12

#5000.133	W	1/18-2/8	6:10-6:40 p.m.
#5000.134	Sa	1/21-2/11	10:45-11:15 a.m.
#5000.135	W	2/29-3/21	6:10-6:40 p.m.
#5000.136	Sa	3/3-3/24	10:45-11:15 a.m.



KIDDIE KARATE

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence, and concentration. Wear loose clothing. Parents should remain outside classroom.

Instructor: Gary Pitts		Ages: 3-6 yrs	
Fee: \$30		Length: 4 wks	
Location: WCSB East/West Room		Min: 6 Max: 28	
5000.137	Th	1/12-2/2	5:00-5:30 p.m.
5000.138	Th	2/9-3/1	5:00-5:30 p.m.

BEGINNING/ADVANCED KARATE

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline, and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu". Parents should remain outside classroom.

Instructor: Gary Pitts		Ages: 7-17 yrs	
Fee: \$35		Length: 4 wks	
Location: WCSB East/West Room		Min: 6 Max: 28	
#5000.139	Th	1/12-2/2	5:30-6:00 p.m.
#5000.140	Th	2/9-3/1	5:30-6:00 p.m.

ADULT KARATE

Learn the art of self-defense. Improve coordination, confidence, respect, discipline, and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu".

Instructor: Gary Pitts		Ages: 18+ yrs	
Fee: \$45		Length: 4 wks	
Location: WCSB East/West Room		Min: 6 Max: 28	
#5000.141	Th	1/12-2/2	6:00-6:45 p.m.
#5000.142	Th	2/9-3/1	6:00-6:45 p.m.

LITTLE STARS TAEKWONDO

Taekwondo will teach the kids characteristics that enforce honor, integrity, self-control, goals, courtesy, loyalty and assertiveness training. Students will also learn basic kicking techniques, basic punches, blocks, basic self-defense and form training. **There will be a \$20 material fee due to the instructor for uniform.**

Instructor: Sungho Park		Ages: 4-6 yrs	
Fee: \$99 (+material fee)		Length: 9 wks	
Location: Fivestar Taekwondo School		Min: 1 Max: 20	
#5000.143	M/W	1/9-3/7	6:00-6:40 p.m.
#5000.144	Tu/Th	1/10-3/8	6:40-7:20 p.m.

TAEKWONDO FOR KIDS

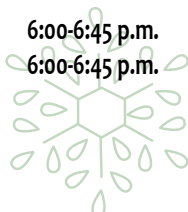
Taekwondo will teach the kids characteristics that enforce honor, integrity, self-control, goals, courtesy, loyalty and assertiveness training. Students will also learn basic kicking techniques, basic punches, blocks, basic self-defense and form training. **There will be a \$20 material fee due to the instructor for uniform.**

Instructor: Sungho Park		Ages: 7-12 yrs	
Fee: \$99 (+material fee)		Length: 9 wks	
Location: Fivestar Taekwondo School		Min: 1 Max: 20	
#5000.145	M/W	1/9-3/7	6:40-7:20 p.m.
#5000.146	Tu/Th	1/10-3/8	6:00-6:40 p.m.

TAEKWONDO FOR TEENS AND ADULTS

The goal of Taekwondo training is not about learning how to fight, but learning a way of living through building self-defense. Taekwondo's foundation is to improve the inner self through physical, mental, and spiritual discipline to achieve the highest form of character. Learn to defend and develop self-confidence. **There will be a \$20 material fee due to the instructor for uniform.**

Instructor: Sungho Park		Ages: 13+ yrs	
Fee: \$99 (+material fee)		Length: 9 wks	
Location: Fivestar Taekwondo School		Min: 1 Max: 20	
#5000.147	Tu/Th	1/10-3/8	7:30-8:20 p.m.





SHORINJI KEMPO MARTIAL ARTS for Adults

Shorinji Kempo is a martial art that teaches people to be peaceful, improve their minds, promote good health and is a means of protecting oneself. Rather than always focusing on physical strength, Shorinji Kempo also improves the character of the person through the study of: Japanese language, punches, kicks, escapes, and philosophy. For questions about the class, feel free to email the instructor at Pankaj.rastogi@panasonic.aero or call 714-585-2162 or 949-510-1569. **We are an official 501c3 Non-Profit Organization (27-3455471) for the betterment of the community.**

Instructor: Pankaj Rastogi Ages: 18+ yrs
 Fee: \$35 Length: 1 month
 Location: Carden Conservatory Min: 1 Max: 35

#5000.148	M/Th	1/9-2/2	7:30-9:00 p.m.
#5000.149	M/Th	2/6-3/5*	7:30-9:00 p.m.
#5000.150	M/Th	3/12-4/5	7:30-9:00 p.m.

*No class on 2/20. Makeup class on 3/5.



SHORINJI KEMPO MARTIAL ARTS for Kids and Teens

Shorinji Kempo is a martial art that teaches people to be peaceful, improve their minds, promote good health and is a means of protecting oneself. Rather than always focusing on physical strength, Shorinji Kempo also improves the character of the person through the study of: Japanese language, punches, kicks, escapes, and philosophy. For questions about the class, feel free to email the instructor at Pankaj.rastogi@panasonic.aero or call 714-585-2162 or 949-510-1569. **We are an official 501c3 Non-Profit Organization (27-3455471) for the betterment of the community.**

Instructor: Pankaj Rastogi Ages: 5-17 yrs
 Fee: \$35 Length: 1 month
 Location: Carden Conservatory Min: 1 Max: 35

#5000.151	M/Th	1/9-2/2	6:30-7:30 p.m.
#5000.152	M/Th	2/6-3/5*	6:30-7:30 p.m.
#5000.153	M/Th	3/12-4/5	6:30-7:30 p.m.

*No class on 2/20. Makeup class on 3/5.



JUDO~JUST FOR KIDS

An introductory class that focuses on the way of Judo by building the child's skills physically, mentally, and spiritually. This pertains to tumbling and falling drills, basic judo techniques and terminology, and learning self discipline. Included in the techniques are Judo throwing and controlling techniques.

Instructor: Tu Nguyen Ages: 5-12 yrs
 Fee: \$85 Length: 4 wks
 Location: WCSB Room A/B Min: 3 Max: 15

#5000.154	Tu/W/F	1/3-1/27	6:00-7:30 p.m.
#5000.155	Tu/W/F	1/31-2/24	6:00-7:30 p.m.
#5000.156	Tu/W/F	2/28-3/23	6:00-7:30 p.m.
#5000.157	Tu/W/F	3/27-4/20	6:00-7:30 p.m.

COMPETITIVE JUDO~ BIG KIDS & ADULTS

This class is designed for all levels to learn the competitive aspects of Judo. This class focuses on training for a competition and the self defense aspects of Judo. Learn how to lose weight, increase your strength, quickness, coordination and flexibility while learning one of Japan's most prominent martial art! This class includes Judo throwing (tachi waza), choking (shime waza), and joint manipulation (kansetsu waza) techniques.

Instructor: Tu Nguyen Ages: 13+ yrs
 Fee: \$85 Length: 4 wks
 Location: WCSB Room A/B Min: 3 Max: 15

#5000.158	Tu/W/F	1/3-1/27	7:30-9:00 p.m.
#5000.159	Tu/W/F	1/31-2/24	7:30-9:00 p.m.
#5000.160	Tu/W/F	2/28-3/23	7:30-9:00 p.m.
#5000.161	Tu/W/F	3/27-4/20	7:30-9:00 p.m.

Tu Nguyen's Judo students went to several tournaments this last season. Their first tournament was held in Long Beach during Nissei month and they took home five 1st places, three 2nd, and one 3rd place! Another tournament was held at Disneyland and they took home three 2nd places and one 3rd place ranking. Way to go!



MUAYTHAI (KICKBOXING)

Intro to Muay Thai will teach basic kick boxing techniques, help improve confidence, create responsibility, quicker reflexes, coordination, and balance. Students will need to bring hand wraps and boxing gloves. Hand wraps and gloves will also be available for purchase.

Instructor: Adrian Bio,
World Class MMA Boxing
Fee: \$65
Location: World Class MMA Boxing

Ages: 13-17 yrs
Length: 4 wks
Min: 4 Max: 10

#5000.162	M-F	1/9-2/3	5:00-6:00 p.m.
#5000.163	M-F	2/6-3/2*	5:00-6:00 p.m.
#5000.164	M-F	3/12-4/6	5:00-6:00 p.m.

*No class 2/20. Makeup class on 3/5.

INTRO TO JIU JITSU

Intro to Jiu Jitsu will cover basic Jiu Jitsu submissions, sweeps, position and defense. The class will also cover basic judo/wrestling takedown and defense.

Instructor: Felipe Fogolin,
World Class MMA Boxing
Fee: \$65
Location: World Class MMA Boxing

Ages: 13-17 yrs
Length: 4 wks
Min: 4 Max: 10

#5000.165	M/W/F	1/9-2/3	4:30-6:00 p.m.
#5000.166	M/W/F	2/6-3/2*	4:30-6:00 p.m.
#5000.167	M/W/F	3/12-4/6	4:30-6:00 p.m.

*No class 2/20. Makeup class on 3/5.

WCMB CARDIO/WEIGHT MANAGEMENT

This class will teach a combination of MMA techniques, conditioning and strengthening. Each student's progress will be monitored each week with body, weight, and BMI measurements. Everyone will receive an individualized diet. Students will need to bring 12 oz. gloves, 2 pieces of hand wraps, and a diet journal.

Instructor: Amanda Lujan,
World Class MMA Boxing
Fee: \$65
Location: World Class MMA Boxing

Ages: 17 + yrs
Length: 4 wks
Min: 4 Max: 10

#5000.168	M/W/F	1/9-2/3	7:00-8:00 p.m.
#5000.169	M/W/F	2/6-3/2*	7:00-8:00 p.m.
#5000.170	M/W/F	3/12-4/6	7:00-8:00 p.m.

*No class 2/20. Makeup class on 3/5.

GYMNASTICS - PARENT-N-ME

Parents are coaches too! Enjoy participating in your child's motor development and bond while having fun. Activities include balance and basic tumbling development, flexibility and strength skills using our various mats and equipment including low beam, foam pit, mini-bars, tumble-trak and trampoline.

Instructor: New Hope Gymnastics Staff
Fee: \$115
Location: New Hope Academy Gymnastics

Ages: 1 ½ -3 yrs
Length: 8 wks
Min: 4 Max: 10

#5000.171	M	1/9-2/27	9:00-10:00 a.m.
#5000.172	Tu	1/10-2/28	5:30-6:30 p.m.
#5000.173	Th	1/12-3/1	5:30-6:30 p.m.
#5000.174	F	1/13-3/2	10:00-11:00 a.m.
#5000.175	Sa	1/14-3/3	9:30-10:30 a.m.

GYMNASTICS - INTRO TO PARKOUR

NEW

Parkour-street gymnastics-is an EXCITING, FUN gateway to heightened motor development and increased physical, emotional and social confidence. "Free-running" skills (flipping, tumbling, and vaulting) are taught in our state-of-the-art facility using obstacle courses. Strength flexibility leads to overall fitness and translate well to other sports.

Instructor: New Hope Gymnastics Staff
Fee: \$115
Location: New Hope Academy Gymnastics

Ages: 8-14 yrs
Length: 8 wks
Min: 4 Max: 8

#5000.176	W	1/11-2/29	7:00-8:00 p.m.
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GYMNASTICS - TOT PLAYTIME

Enjoy an hour of non-instructed fun-bouncing, balancing, rolling, laughing, and bonding with your child. Our safe, stimulated facility provides for consistent playtime regardless of weather. A helpful coach and all equipment are available for your enjoyment including a foam pit and trampolines.

Instructor: New Hope Gymnastics Staff
Fee: \$55
Location: New Hope Academy Gymnastics

Ages: 1 ½ -6 yrs
Length: 8 wks
Min: 4 Max: 8

#5000.177	Th	1/12-3/1	10:00-11:00 a.m.
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GYMNASTICS - BEGINNING CO-ED

Our Beginning Gymnastics program promotes physical, emotional and social confidence as well as heightened motor development. Gymnastics skills, flexibility and strength are taught via a variety of fun activities using our various equipment including mats, low beam, foam pit, mini bars, tumble-trak and trampoline.

Instructor: New Hope Gymnastics Staff		Ages: 3-6 yrs	
Fee: \$115		Length: 8 wks	
Location: New Hope Academy Gymnastics		Min: 4 Max: 8	
#5000.178	M	1/9-2/27	10:00-11:00 a.m.
#5000.179	Tu	1/10-2/28	6:30-7:30 p.m.
#5000.180	Th	1/12-3/1	6:30-7:30 p.m.
#5000.181	F	1/13-3/2	9:00-10:00 a.m.
#5000.182	Sa	1/14-3/3	10:30-11:30 a.m.



GYMNASTICS - LEVEL 1 GIRLS and BOYS

Gymnastics is a FUN gateway to heightened motor development and increased physical, emotional and social confidence. Basic gymnastics skills, flexibility and strength-taught using our state-of-the-art equipment including bars, beams, foam pit and trampolines-can lead to higher level training or translate to other sports.

Instructor: New Hope Gymnastics Staff		Ages: 5-10 yrs	
Fee: \$165		Length: 8 wks	
Location: New Hope Academy Gymnastics		Min: 4 Max: 8	

Level 1 Girls:

#5000.183	Tu	1/10-2/28	5:00-6:30 p.m.
#5000.184	Th	1/12-3/1	5:00-6:30 p.m.
#5000.185	Th	1/12-3/1	6:30-8:00 p.m.
#5000.186	F	1/13-3/2	3:30-5:00 p.m.
#5000.187	F	1/13-3/2	5:00-6:30 p.m.
#5000.188	Sa	1/14-3/3	10:30-12:00 p.m.

Level 1 Boys:

#5000.189	M	1/9-2/27	3:30-5:00 p.m.
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Tennis

TINY TOT TENNIS

Introduce your little one to a great sport taught by Becky Recavarren, a member of the United States Professional Tennis Association. Her half hour class focuses on general motor skills development. A racquet and one unopened can of tennis balls are required.

Instructor: Becky Recavarren, USPTA		Ages: 4-6 yrs	
Fee: \$35		Length: 5 wks	
Location: Park West Park		Min: 6 Max: 15	

#6000.101	Tu	1/10-2/7	4:00-4:30 p.m.
#6000.102	W	1/11-2/8	4:00-4:30 p.m.
#6000.103	Th	1/12-2/9	3:30-4:00 p.m.
#6000.104	Tu	2/21-3/20	4:00-4:30 p.m.
#6000.105	W	2/22-3/21	4:00-4:30 p.m.
#6000.106	Th	2/23-3/22	3:30-4:00 p.m.

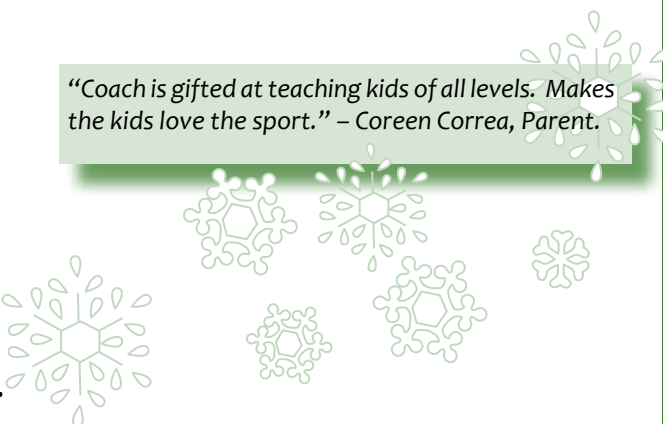
BEGINNING JUNIORS

Taught by Becky Recavarren, a member of the United States Professional Tennis Association, your junior tennis star will learn the basics while at the same time develop a lifetime enjoyment for the sport. A racquet and one unopened can of tennis balls are required.

Instructor: Becky Recavarren, USPTA		Ages: 7-15 yrs	
Fee: \$55		Length: 5 wks	
Location: Park West Park		Min: 6 Max: 15	

#6000.107	Tu	1/10-2/7	4:30-5:30 p.m.
#6000.108	W	1/11-2/8	4:30-5:30 p.m.
#6000.109	Sa	1/14-2/11	8:00-9:00 a.m.
#6000.110	Tu	2/21-3/20	4:30-5:30 p.m.
#6000.111	W	2/22-3/21	4:30-5:30 p.m.
#6000.112	Sa	2/25-3/24	8:00-9:00 a.m.

"Coach is gifted at teaching kids of all levels. Makes the kids love the sport." – Coreen Correa, Parent.

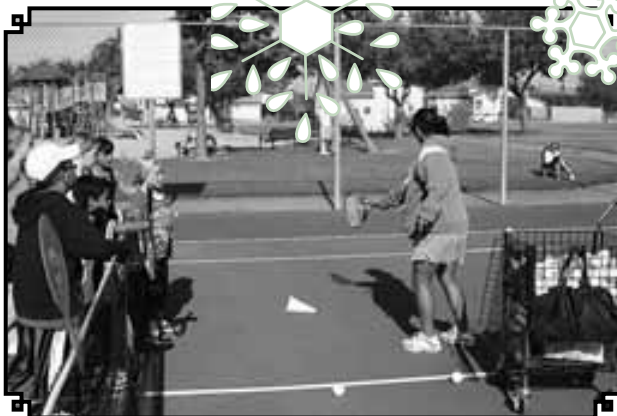


INTERMEDIATE/ADVANCED JUNIORS

Becky Recavarren, a member of the United States Professional Tennis Association, will guide your developing junior tennis player through this course which covers more advanced strokes and scoring, including drills and actual playing. A racquet and one unopened can of tennis balls are required.

Instructor: Becky Recavarren, USPTA Ages: 7-15 yrs
 Fee: \$55 Length: 5 wks
 Location: Park West Park Min: 6 Max: 15

#6000.113	Tu	1/10-2/7	5:30-6:30 p.m.
#6000.114	W	1/11-2/8	5:30-6:30 p.m.
#6000.115	Tu	2/21-3/20	5:30-6:30 p.m.
#6000.116	W	2/22-3/21	5:30-6:30 p.m.



INTERMEDIATE/ADVANCED JR. TOURNAMENT PLAY

Instructor permission required for this class. Juniors will play match-play specific games, along with play-in matches.

Instructor: Becky Recavarren, USPTA Ages: 10-16 yrs
 Fee: \$55 Length: 5 wks
 Location: Park West Park Min: 6 Max: 15

#6000.121*	Th	1/12-2/9	4:00-5:15 p.m.
#6000.122*	Th	2/23-3/22	4:00-5:15 p.m.

*Instructor Permission Only

**Parks
 Make
 Life
 Better!**

BEGINNING/INTERMEDIATE ADULTS

Becky Recavarren has the skills needed to help you begin or resume your adult tennis interest. This course covers strokes and scoring, including drills, serving, forehand, backhand, and volleys. A racquet and one unopened can of tennis balls are required.

Instructor: Becky Recavarren, USPTA Ages: 16 yrs to Adult
 Fee: \$55 Length: 5 wks
 Location: Park West Park Min: 6 Max: 15

#6000.117	Tu	1/10-2/7	6:30-7:30 p.m.
#6000.118	Sa	1/14-2/11	9:00-10:00 a.m.
#6000.119	Tu	2/21-3/20	6:30-7:30 p.m.
#6000.120	Sa	2/25-3/24	9:00-10:00 a.m.



Online Courses



Learn from the comfort of home with these instructor-led online courses. You can complete any of these courses at any time of the day or night.

1. To sign up for these online courses visit www.ed2go.com/westminstr
2. Choose the department and course you want and click on **Enroll Now**. Follow the instructions to pay and create your username and password.
3. When the course starts, return to the Online Instruction Center and click the classroom link and login with your Username and Password.

PERSONAL FINANCE

Protect your assets and discover how best to achieve all your financial goals.

Instructor: Gail Perry *Length:* 6 wks
Fee: \$89 *Location:* Online

Start Dates: W 12/14/11
 W 1/18/12

REAL ESTATE INVESTING

Build and protect your wealth by investing in real estate.

Instructor: Josh Fuhrer *Length:* 6 wks
Fee: \$89 *Location:* Online

Start Dates: W 12/14/11
 W 1/18/12

CREATING WEB PAGES

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Instructor: Alan Simpson *Length:* 6 wks
Fee: \$89 *Location:* Online

Start Dates: W 12/14/11
 W 1/18/12

START YOUR OWN SMALL BUSINESS

Stop dreaming and learn how to start your own successful small business.

Instructor: Kris Solie-Johnson *Length:* 6 wks
Fee: \$89 *Location:* Online

Start Dates: W 12/14/11
 W 1/18/12

LEARN TO BUY AND SELL ON EBAY

Auction pros teach you how to work from home or earn extra income by buying and selling goods online.

Instructor: Kara Gordon and Shirley Muse *Length:* 6 wks
Fee: \$89 *Location:* Online

Start Dates: W 12/14/11
 W 1/18/12

GET PAID TO TRAVEL

Learn everything you need to start your new and exciting career as a professional tour director.

Instructor: Cherie Anderson *Length:* 6 wks
Fee: \$89 *Location:* Online

Start Dates: W 12/14/11
 W 1/18/12

GRAMMAR REFRESHER

Gain confidence in your ability to produce clean, grammatically correct documents and speeches

Instructor: Ellen Feld *Length:* 6 wks
Fee: \$89 *Location:* Online

Start Dates: W 12/14/11
 W 1/18/12

EASY ENGLISH 1

In this easy and fun course, you'll learn the basic English skills you need for real-life activities including shopping, job-hunting, and handling medical emergencies.

Instructor: Rob Jenkins and Staci Johnson *Length:* 6 wks
Fee: \$89 *Location:* Online

Start Dates: W 12/14/11
 W 1/18/12

***Requirements:** All courses require internet access, e-mail, and Microsoft Internet Explorer or Mozilla Firefox Web browser. Some courses may have additional requirements. Please visit the Online Instruction Center for more information. To view more than 300 online courses visit:

www.ed2go.com/westminstr

VISUAL, PERFORMING, & CULTURAL ARTS

BLAKEY HISTORICAL PARK & MUSEUM - Call Joy L. Neugebauer at (714) 891-2597. Blakey Park is located at 8612 Westminster Blvd., just east of Newland Street. The museum and park feature a variety of displays depicting the everyday life of persons living here during the late 19th and early 20th centuries. The Westminster Historical Society operates the park, with museum hours on the first Sunday afternoon of the month from 1:00 to 4:00 p.m. For guided tours, special arrangements can be made to accommodate your group. Students of all ages are welcome to do research at the Museum. If you would like to become a member and help preserve our common heritage for future generations, drop by the Museum or call the number listed above.

LAS TAPATIAS FOLKLORIC DANCERS - Call Julia Martinez at (714) 893-2784. Audiences enjoy Las Tapatias' colorful costumes and spirited Mexican dances. All ages participate. Children begin dancing at an early age, but adult performers are also welcome. Las Tapatias rehearses at the Westminster Community Services & Recreation Building, Craft Room on Wednesdays at 7:00 p.m. Call to join the group, attend a performance, or to schedule them to entertain for your event.

VIETNAMESE CULTURAL PROGRAMS - Call Professor Chau Van Nguyen, Program Director, at (714) 531-4907, or (714) 240-0475 (cell). Traditional Vietnamese music, song and dance are performed by multi-talented Vietnamese artists. Musicians who perform on traditional instruments, such as the monostring, two-string fiddle, bamboo flute, and other instruments, are available to entertain along with the colorful drum dancers, dragon dancers, youth, and adult choirs.

WESTMINSTER CHORALE - Call Robert Munn at (714) 894-5644 or (714) 496-5607. The Chorale performs a variety of music that includes patriotic, show tunes, religious, country western, jazz, and operettas. Rehearsals are held weekly on Mondays at 7:00 p.m. in the Senior Center dining room, Civic Center, 8200 Westminster Blvd. Call to find out how you can book this dynamic chorale for your event or ask about performance dates.

WESTMINSTER COMMUNITY THEATER - Call Rhonda at (714) 527-5546. The theater is located at 7272 Maple Street. WCT has been entertaining local audiences with live theater for over 30 years. Productions feature fine family entertainment with comedies, musicals, and plays each season. Phone Rhonda for tickets or current show information.

NICHOLSON PIPES & DRUMS - Call Malcolm Willis at (714) 891-9445 and ask the operator to page him. This award-winning Scottish bagpipe band marches in parades, plays at a variety of special events, holds annual concerts, takes part in regional and national competitions, and is available for bookings at any private party or public event. New musicians are welcomed into the group and quickly become part of this fantastic band. Just call Malcolm for current information on bookings, rehearsals, lessons, and performances.

ORANGE COUNTY CHILDREN'S THEATER - Call (714) 502-2244. This group of talented young actors, singers, dancers, and their parents has been active in the Southland area for more than 20 years. This theater organization is for children, by children, and is open to all young people ages 5 through 18. Parent involvement is required. Call now to get on their mailing list so you will not miss productions or auditions.

ORANGE COUNTY ROSE SOCIETY - Call Tom Cooney at (949) 362-2710 or visit our website at <http://www.websightstech.com/ocrs/>. Join this group of rose lovers and increase your knowledge of growing roses in your garden. The Orange County Rose Society (OCRS) is a group of people who grow and enjoy roses and is dedicated to fostering the enjoyment, enhancement, and education of the rose. OCRS is affiliated with the American Rose Society. OCRS holds monthly meetings on the first Thursday of each month, except for July and August. Monthly meetings include educational presentations on the care of roses. You'll also have access to have your questions answered by American Rose Society certified Consulting Rosarians.

ROSE CENTER FOUNDATION - The Rose Center Foundation is a non-profit organization that administratively operates the beautiful, new, 419 seat Rose Center Theater located within the Westminster Rose Center at 14140 All American Way. State-of-the-art performances are held in the theater throughout the year. To contact the Rose Center for information please call Mayor Margie L. Rice at: 714-548-3183 or 714-893-1732. For event and ticket information, please call the theater Box Office at 714-793-1150. www.rosecentertheater.com

WESTMINSTER TOASTMASTERS - Call William "Bill" or Carol Ostashay at (714) 897-2737. Join this group of orators and become a professional speaker. Whether already a skilled professional, a leader-in-training, or even a parent who wants to improve his/her speaking skills, this organization can help you learn how to relax, plan, and present your ideas more professionally. A member organization of Toastmasters International, members compete and perform at various functions.

COMMISSION ON AGING

Vince Agor, Chairperson
Leonor Barajas
Owen Eames
Phil Hodgetts
Leo Lopez
Linh Nguyen
Erwin Vysma
Ron Hamamura, Alternate
Joan Germany, Alternate

The Westminster Senior Center is a focal point for seniors, offering an array of services and activities. Listed below are the types of services offered. If you desire additional information, please call the Senior Center at (714) 895-2878, Monday – Thursday, 7:30 a.m. – 5:30 p.m., and Fridays 7:30 a.m. – 4:30 p.m., and alternate Fridays 8:00 a.m. – 1:00 p.m.

The Westminster Senior Center offers a variety of services such as:

- Blood Pressure Testing
- Commodities Distribution
- Home Meals
- Information and Referrals
- Free Legal Services
- Westminster on Wheels (WOW) Nutrition & Shuttle Transportation
- Health Screening
- H.I.C.A.P (Health Insurance Counseling and Advocacy Program)

For more information on any of these services, please visit our website at www.westminster-ca.gov, go to City Departments, Community Services, and click on Senior Services, or call the Senior Center at 714-895-2878.

SENIOR FITNESS

Join one of the following weekly exercise classes, designed specifically for older adults.

Adult Fitness	Monday	10:00 a.m.
Adult Fitness	Wednesday	10:00 a.m.
Beginning Adult Fitness	Monday & Wednesday	12:30 p.m.
Balance & Mobility	Monday & Wednesday	9:00 a.m.
Longevity Stick	Monday & Thursday	9:00 a.m.
Tai Chi	Friday	9:00 a.m.

The Following classes are fee-based and require advanced registration through Huntington Beach Adult School. Please call 714-901-8106 ext. 4405 for registration information.

Intro to Dance Aerobics	Monday	1:30 p.m.
Dance Aerobics 2	Thursday	9:00 a.m.
Dance Aerobics 2/3	Thursday	3:00 p.m.
Dance Aerobics 3	Thursday	10:30 a.m.
Dance Aerobics 4	Tuesday & Thursday	12:45 p.m.
Stretch & Flex	Tuesday	9:30 a.m.
Low Impact Aerobics	Tuesday	10:45 a.m.

Adult Public Health Nursing Services (APHNS)

These short seminars are held on Wednesdays at 11:00 a.m. They are free & informative.

January 4	Cancer Prevention
February 1	Blood Pressure
April 4	Vision As We Age
March	Off

Diabetes Education and Support Group (APHNS)

Facilitated by Jane Herin, R.N., certified diabetes educator. The group meets the 3rd Wednesday of each month from 12:30 p.m. to 2:00 p.m. Everyone is welcome to attend. Current topics to be discussed are:

January 18	Prediabetes
February 15	Metabolic Syndrome
March 21	Hypoglycemia
April 18	How does your doctor decide your diabetes treatment

Life Story Writing

Join this Life Story Writing group to get ideas, stimulation and inspiration from each other as we share our stories. Using cartoons, articles, proverbs, poems and historic news events will help us remember own life experiences in discussion and writing. ALL NEW TOPICS. Old and new members are welcome. Meetings will begin in January for ten weeks. NO CHARGE. Call Nancy at 714-832-2888 for more information. Facilitator: Nancy Sink, MSG

Programs and Classes

DAILY DINING

Try our hot meals offered Monday through Friday in our Senior Center Dining Room. If you are 60 years or older (or married to someone who is), the suggested donation is only \$2.50 for the hot lunch. No reservation is necessary, but come early to assure a place! Serving time is 11:45 a.m. Pick up a "Senior Spotlight" for only 50 cents at the Senior Center for the month's menu, which is also on the city's website.

SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period, from 8:30 a.m. to 12:30 p.m.. **The fee is \$12 per person if you are a member of AARP and \$14 per person if you are not a member.** Registration is required. Please make checks payable to AARP. Classes will be held on the following dates:

February 9 and 10
April 5 and 6

We Offer Many More Senior Programs & Classes Such As:

- Crocheting and Knitting
- Balance & Mobility
- Bridge Club
- Mah Jongg
- Longevity Stick
- Dinner Group
- Chess Club
- Sudoku

For more information on any of these programs, please visit our website at www.westminster-ca.gov, go to City Departments, Community Services, and click on Senior Services, or call the Senior Center at 714-895-2878.

FREE MOVIE FRIDAYS!

Every Friday at 9:15 a.m. a movie is shown. There is no charge for the screening. The "Senior Spotlight" lists the movies monthly.

WESTMINSTER SENIOR CENTER FOUNDATION

The Westminster Senior Center Foundation (WSCF) was incorporated in December 2002. The Foundation's mission is "To engage in charitable activities and to assist (both financially and otherwise) the Westminster Senior Center and its programs."

TRIPS AND EXCURSIONS

Call the Senior Center or stop by for specific trip details. Day trips and overnight trips are offered. Prices for overnight trips are based on double occupancy. A few single rooms may be available at a higher rate. Note: Prices on all excursions are approximate and may vary. Trips fill quickly. Sign up early at the Reception Desk to reserve your spot.

The following excursions are being planned for your enjoyment:

San Manuel Indian Casino	Jan. 11	\$15 p/p
Las Vegas Flamingo	Feb. 7-9	\$174/single \$129/double
Palm Springs Casino Hop	Feb. 28	\$34 p/p
Viejas	March 20	\$15 p/p
Candlelight Pavilion	March 31	\$82 p/p
Santa Anita Races	April 12	\$50 p/p
Laughlin-Riverside	April 23-25	\$114/single \$94/double
Mysteries & Scandals Tour	May 9	\$83 p/p
Pala Casino	May 22	\$19 p/p

VOLUNTEERS ARE NEEDED!

If you are interested in volunteering, please call Claire Hutchinson at (714)-895-2878.

Support your City

**Shop Local
Shop Westminster-
It makes Sense!**

Every time you shop in Westminster, one cent of every dollar you spend goes straight to your city's public services, including your Police Department! Why spend your dollars anywhere else?



1. **Protect Local Character and Prosperity**—Westminster is unlike any other city in the world. By choosing to support locally owned businesses, you help maintain Westminster's diversity and authenticity.
2. **Community Well-Being**—Locally owned businesses build strong neighborhoods by sustaining communities, linking neighbors, and by contributing more to local causes.
3. **Local Decision Making**—Local ownership means that important decisions are made locally by people who live in the community and who will feel the impacts of those decisions.
4. **Keeping Dollars in the Local Economy**—Your dollars spent in locally-owned businesses have three times the impact on your community as dollars spent at national chains. When shopping locally, you simultaneously create jobs, fund more city services through sales tax, invest in neighborhood improvement and promote community development.
5. **Entrepreneurship**—Entrepreneurship fuels Westminster's economic innovation and prosperity, and serves as a key means to upward mobility. Locally owned businesses also create more jobs locally and, provide better wages.

Next time you buy a car, a television, or bag of groceries, make sure you do it in Westminster.



WESTMINSTER YOUTH COMMITTEE

The Westminster Youth Committee addresses the needs of the City's young people through volunteering, while promoting a sense of civic pride. Organizing and implementing youth-focused programs and volunteering their time to established city programs and events, the current members offer unique and diversified perspectives.

For more information on the Westminster Youth Committee, please visit the City's website at www.westminster-ca.gov, or call the Community Services and Recreation Department at 714.895.2860. And be sure to check us out on Facebook.

2011-2012 Youth Committee

Charlene Tran, Chairperson, La Quinta High School
 Krystal Lam, Vice-Chairperson, Westminster High School

Kim Huynh, Westminster High School

John Ngo, Fountain Valley High School

Shirene Shoushtarzadeh, Marina High School

Kyle Nguyen, La Quinta High School

Shanda Nguyen, La Quinta High School

Vincent Nguyen, La Quinta High School

Linda Pho, Westminster High School

Vivian Tran, 1st Alternate, Westminster High School

Robin Nguyen, 2nd Alternate, Fountain Valley High School

Jennifer Ngo, 3rd Alternate, Marina High School

Water Conservation Ordinance

Water Conservation Ordinance No. 2449 adopted in May 2009 outlines the permanent water restrictions below.

- No outdoor watering between the hours:
 9 a.m. – 5 p.m. October - May
 8 a.m. – 6 p.m. June – September
- Water no longer than 15 minutes per irrigation station per day
- No excessive water run-off
- No washing down hard or paved surfaces
- Fix water leaks within 7 days
- Decorative water features must use re-circulating water
- When washing vehicles must use self-closing positive shut-off nozzle on garden hose
- Restaurants are required to serve water upon request only
- Hotels and motels are required to provide guests option to decline daily linen service
- Commercial car washes and laundries are required to use re-circulating water systems
- Restaurants are required to use water conserving pre-rinse spray valves

The Water Division is available to help you save water at home and at work. Call 714 548-3690 to schedule a water audit. Check out mwdoc.com and click on Services and Incentive Programs to get information about water saving appliances.

WATER CUSTOMER SERVICE

For water billing, charges, turn-on or turn-off services call (714) 894-3796.

For water main breaks, leaks, quality, or pressure problems call (714) 895-2876, 6:30 a.m. to 5 p.m.

After business hours water emergencies call the Westminster Police Department (714) 898-3315.

Water Conservation Garden



Check out Westminster's Water Conservation Garden at 6312 California Ave! Over 20 species of drought tolerant California friendly and native plants, trees, and turf are on display. Local nurseries were used to provide plants and signs are posted to identify the species and costs. Hardscape materials were donated by local vendors and offer a beautiful alternative to turf.

This garden is open to the public to view California native and friendly plants as they grow from newly planted to mature and flowering during the seasons.

It's easy and inexpensive to create a beautiful low-water garden of your own!

H2O TIPS to save 20 gallons a day!

Activity

Wash full loads of laundry
Turn off water while brushing teeth
Take 5 minute showers
Running dishwasher only when full
Clean driveway with a broom instead of hose
Watering late at night or early in the morning
Fixing leaking toilets / using low flow showerheads
Reduce outdoor watering

Water Saved

15 gallons per load
2 gallons per minute
10 gallons per shower
3 gallons per load
20 gallons per minute
20 gallons per day
20 gallons per day
40 gallons per day

California Friendly Landscape and Gardening Classes Online

Learn the latest ways to reduce water use in landscapes by taking free classes on line. They cover the basics of irrigation systems, watering and fertilizing, basic landscape design, and plant identification. To get started visit www.bewaterwise.com and click on the Classes tab.



SAVE THE DATE

WHAT: Disaster Preparedness Expo

DATE: Saturday, March 24, 2012

TIME: 8:30 am – 4:00 pm

PLACE: First Presbyterian Church of Westminster

Key Note Speaker, Exhibitors, Classes
(pre-registration required)

For more information email:
carolelea1@msn.com



Westminster Friends of the Library Used Book Store

The Westminster Friends of the Library Bookstore is open Monday, Wednesday, Friday & Saturday from 10-4 (or 5 pm) and Tuesday and Thursday from 12 to 5 pm. The Friends accept any and all donations, including books, magazines, DVDs, CDs, and videos or anything else which may sell to benefit the Library—just as us! Our phone number is (714) 898-4245. We are always looking for volunteers, so stop by and visit with us—you might like what you see! All our proceeds go towards benefiting the Library—purchasing new books, children's, teen and adult educational programming and many other items.

WESTMINSTER BRANCH LIBRARY

8180 13th Street, Westminster, CA 92683
(714) 893-5057

HOURS:

Monday through Thursday 10:00 a.m. to 9:00 p.m.

Friday and Saturday 10:00 a.m. to 5:00 p.m.

SUNDAY 12:00 noon to 5:00 p.m.

Children's Programs

Children and parents are invited to come to our weekly storytimes! We host **Preschool Storytime** every Wednesday at 10:30 am, **Toddler Storytime** every Wednesday at 11:00 am, and **Family Storytime** every Saturday at 10:30 am. Storytimes give children and families an opportunity to enjoy stories, crafts, and activities as well as help your child develop a love of books and reading! Children who love to read will love our **Kids Book Club!** Kids get to talk about the book they read, and do activities. It is held the second Wednesday of the month at 3:30 pm; call the library for more information. Our **monthly craft program** is held on the second Thursday of the month at 3:30 pm. Be sure to check our online calendar at www.ocpl.org or call the library for more information about special programs.

Adult Programs

The Westminster Public Library is offering free **Beginner's Computer Classes**. The classes are designed for people with little to no computer experience. Please call or stop by the Information Desk to sign up. Don't forget to join our monthly **Book Club** for adults! Contact the Library for more information. During February and March, the Library will be partnering with the Orange County Office on Aging to offer a **Cardiovascular Disease: Prevention and Lifestyle Changes** program. Contact the information desk for specific dates and times.

Teen Programs

Come celebrate **Teen Tech Week**, March 4-10, with special events at the Westminster Library! The theme this year is **Geek Out @ your library**; contact the library for more information about the Teen Tech Week events. Teens are invited to join our **Teen Advisory Board**, which meets the first Wednesday of the month at 4:00 pm. In TAB, Teens can earn volunteer hours and make a difference at the Library by helping to make decisions about teen services offered at the library, upcoming programs, teen books, and more. Teens that are interested in earning volunteer hours by joining the **VolunTEEN Program** should pick up an application at the information desk. Join the **Teen Book Club** on the third Thursday every month at 4:00 pm for a discussion and activities based on teen books. Contact the library for the monthly selection. All programs are open to teens ages 12-18.

MOMMY & ME

"Early Stimulation Program"

Westminster Family Resource Center and MOMS Orange County invites you and your baby, ages 6 months to 3 years, to come enjoy a time for learn and play! classes include*:

- ❖ Games
- ❖ Songs
- ❖ Gymnastics
- ❖ Stimulation exercises
- ❖ Interaction with other babies
- ❖ Exploration and much more!



FOR MORE INFORMATION AND REGISTRATION PLEASE CALL:

714-302-1221

*Classes in English and Spanish (disponibles en Español).

Westminster School District Child Care Services

Land School

Pre-school services are offered at Land School. The child care program is from 6:00 a.m.-6:00 p.m., Monday - Friday. Children from 3-5 years are welcome, but they must be potty-trained. The cost varies based on the number of days and times care is needed. For more information, please call Land School at 898-8389.

The following schools in the Westminster School District offer child care services from 6:00 a.m. to 6:00 p.m.: Clegg, DeMille (no morning care), Eastwood, Finley, Fryberger, Hayden, Meairs, Sequoia, Schmitt (no morning care), and Schroeder.

Fees vary based on the type of care needed. Please contact Westminster School District Child Development Programs office at 898-8389 for more detailed information.

PARENT PARTICIPATION

PRE-SCHOOL

Westminster Nursery School

(714-893-7979)

www.westminsternurseryschool.com

Location: Bolsa Chica Park, 13660 University St. Westminster, CA 92683

Westminster Nursery School is a **parent-participation pre-school**.

Programs offered are:

Pre-K (Mon/Wed/Fri 9am-noon):

Must be 4 by December 2nd

Registration: \$80

Monthly: \$130

2-day (Tues/Thurs 9am-noon):

Must be 3 by December 2nd

Registration: \$80

Monthly: \$90

Parent & Me (Thurs: 12:30-1:30pm)

Must be 2

Registration fee: \$25

Monthly cost: \$20




**2012 Rose Parade
Excursion**
Monday, January 2, 2012
6:00 am -
2:00 pm

\$85

Reservations are available on a limited, first come, first served basis. For more information, please call the Community Services Department at (714) 895-2860 or register online at www.activenet.active.com/westminster



Holiday Home Decorating Display



Westminster's neighborhoods are full of beautifully decorated homes for the holiday season. Add your address to the list of festive homes adorned with personal touches of Christmas.

To add your home to the Holiday Home Decorating list please submit by email a digital photo of your home and your address to caroline@westminster-ca.gov.

Addresses will be listed on the website after December 3rd for the community to enjoy at their leisure. You can start a new Holiday tradition with a drive around the city enjoying the best Christmas Displays in Westminster. For more information call 714-855-2850 or for a list of addresses visit our website at: www.westminster-ca.gov.



Registration begins November 28, 2011

There are 3 easy ways to register for classes . . .

ON-LINE

On-line registration is just a click away...

Please visit
www.activenet.active.com/westminster

You will need to pay by credit card to register on-line.

MAIL-IN

Mail completed form & payment to:

Westminster Community Services
& Recreation Department
8200 Westminster Blvd.
Westminster, CA 92683

Make checks payable to:
City of Westminster

WALK-IN

Visit us...

Westminster Community
Services & Recreation
Department at 8200
Westminster Blvd.

7:30 a.m. – 5:30 p.m.
Monday – Thursday
7:30 a.m. – 4:30 p.m.
Alternate Fridays

General Information & Refund Policy

- × No registration taken at classes.
- × Refunds will be issued approximately 4 weeks following the request.
- × Refunds must be requested before the end of the 2nd class meeting.
- × Activities canceled by the department will be given automatic refunds.
- × Please note: Due to the nature of the activities, there are no refunds on excursions, youth sports and aquatics.

SATISFACTION GUARANTEED

The City of Westminster Community Services and Recreation Department is continually striving to provide the highest quality recreation activities, events and programs, and offers a money back guarantee on all our classes.

If you are not completely satisfied, before the end of the 2nd class meeting, tell us and we will arrange for you to:

- × Repeat the class at no charge, -or-
- × Transfer to a different class, -or-
- × Receive a full refund

Applications for refunds may be made in person, by calling (714) 895-2860, or in writing. Your suggestions and comments are appreciated; they will help us do the best job possible.



Community Services and Recreation Department Registration Information

Registration Form

City of Westminster Community Services & Recreation Department

All information is required. Please Print.

Parent/Adult Name: First _____ Last _____

Address _____ Birth Date _____

City/State/Zip _____ Phone () _____

Email address _____ Cell Phone () _____

Name of Participant:		Birth Date	Sex	Activity Number	Name of Activity	Fee
First	Last					
TOTAL FEES						

Do any of the listed participants have any special needs, limitations, and/or allergies? Yes ☐ No ☐
If yes, please explain: _____

Liability and Publicity Release

For and in consideration of permitting _____ to enroll in and participate in the recreational program entitled, _____ sponsored by the City of Westminster, Department of Community Services, the Undersigned hereby voluntarily releases, discharges, waives and relinquishes any and all actions or causes of action for personal injury, property damage or wrongful death occurring to him/herself arising as a result of participation in said recreational program or any activities incidental thereto wherever or however the same may occur and for whatever period said program may continue, and the Undersigned does for him/herself, his/her heirs, executors, administrators and assigns hereby release, waive, discharge and relinquish any action or cause of action, which may hereafter arise for him/herself and for his/her estate, and agrees that under no circumstances will he/she or his/her heirs, executors, administrators and assigns prosecute or present any claim for personal injury, property damage or wrongful death against the City of Westminster and its officers, officials, agents, contractors, volunteers, boards, departments, servants or employees for any of said causes of action, whether the same shall arise by the negligence of any of said persons, or otherwise.

IT IS THE INTENTION OF _____ BY THIS INSTRUMENT, TO EXEMPT AND RELIEVE THE CITY OF WESTMINSTER AND THE RELATED PARTIES MENTIONED HEREIN, FROM ALL LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY THE NEGLIGENCE OF ANY PERSON OR ENTITY.

The Undersigned, for him/herself, his/her heirs, executors, administrators or assigns agrees that in the event any claim for personal injuries, property damage or wrongful death shall be prosecuted against the City of Westminster and/or its officers, officials, agents, contractors, volunteers, boards, departments, servants or employees, he/she shall defend, indemnify and save harmless the same City of Westminster and the aforementioned related parties from any claim, cause of action, loss, liability, damage, lawsuit, cost or expense (including reasonable attorney's fees) by whomever or wherever made or presented for said personal injuries, property damage or wrongful death.

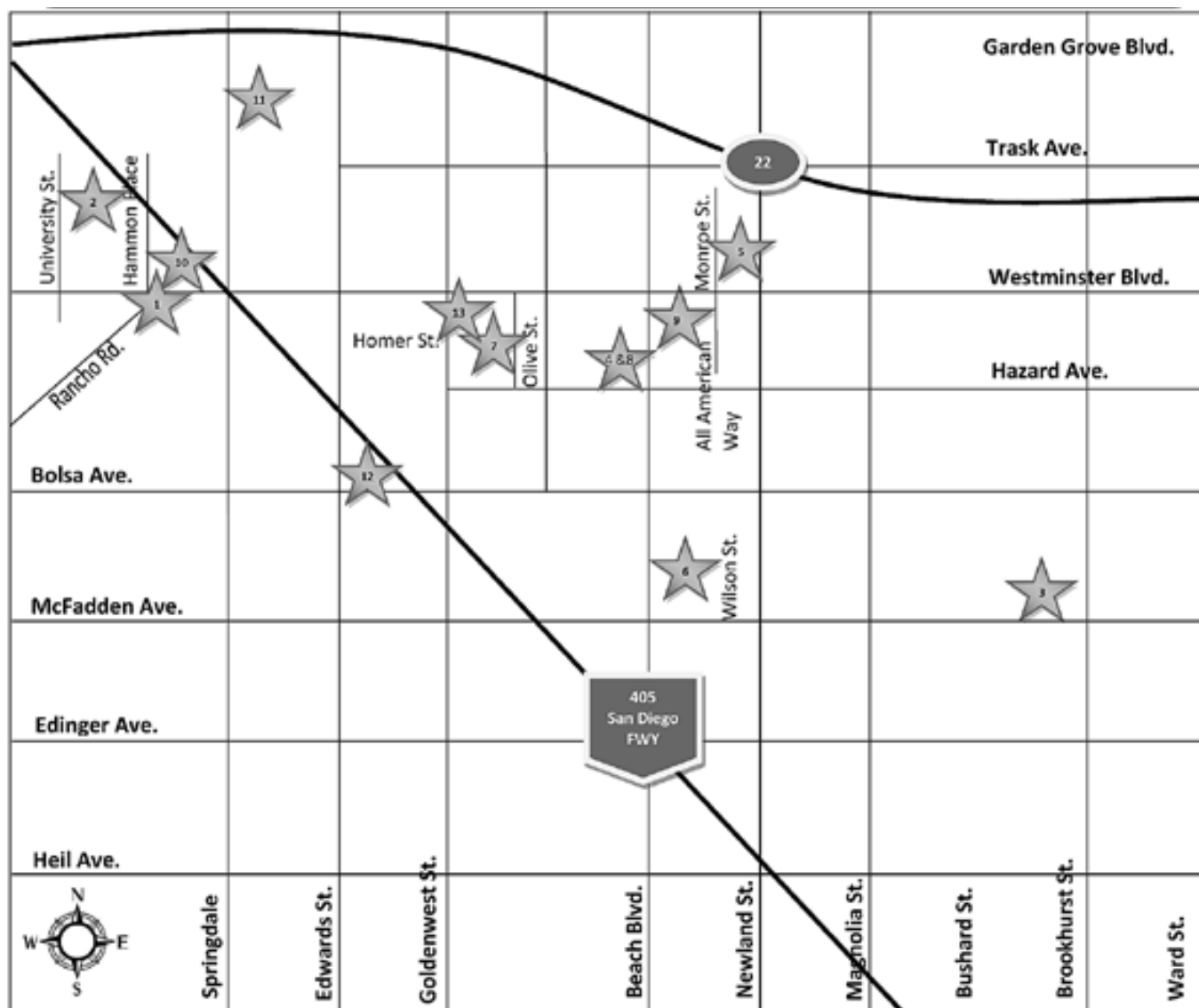
In case of accident or other emergency, the Undersigned hereby gives permission for the City of Westminster and/or its officers, officials, agents, contractors, volunteers, servants or employees, to obtain emergency medical treatment. The Undersigned further agrees to pay any costs incurred as a result of such treatment.

In addition, the Undersigned has been notified that participants involved in City-sponsored community service programs are subject to being photographed or videotaped, and he/she hereby gives permission for the City of Westminster to use such photographs or videotapes on City Department websites and to publicize and promote the City's programs.

The Undersigned acknowledges that he/she has personally read, understands, and voluntarily signs this release and waiver of all liability and indemnity agreement, is fully aware of the potential risks and hazards which are inherently involved in the specified community service program, and in any of the activities, appointments, meetings, or workshops incidental thereto, including but not limited to, any negligent acts performed by the City of Westminster and/or its officers, officials, agents, contractors, volunteers, boards, departments, servants or employees, negligently created or maintained dangerous conditions of public property, weather conditions, equipment, machinery, playing conditions, other participants, on-site physical premises, structures or substantial works of improvement. The Undersigned voluntarily assumes all risks of loss, damage, or injury associated with his/her participation in the specified recreational program or any activities incidental thereto.

Signature _____ Date _____

Parks & Recreation Facilities Legend



1. American Tiger Martial Arts & Fitness
 2. Bolsa Chica Park
 3. Elden F. Gillespie Park
 4. Intensity Services (Same as #8)
 5. Liberty Park
 6. Park West Park
 7. Sigler Park
 8. The Plano Place Music and Arts Center
 9. WCSB (Westminster Services & Rec. Building)
 10. Westpac Dance Center
 11. Westminster ICE
 12. Westminster Mall
 13. World Class MMA Boxing
- Garden Conservatory Multipurpose Room
 • Climax Rock Gym
 • Five Star Taekwondo School
 • Fountain Valley Music
 • Fountain Valley Recreation Center
 • Fountain Valley Senior Center
 • Garden Grove Community Meeting Center
 • Garden Grove Sports/Recreation Center
 • H. Louis Lake Sr. Center
 • New Hope Gymnastics Academy
 • Rancho Del Rio Stables
 • Stanton Community Center
 • West Grove Park
- 5849 Westminster Blvd.
 13660 University St.
 9801 McFadden Ave.
 14441 Beach Blvd. #200 (877)769-6369
 13900 Monroe St.
 8301 McFadden Ave.
 7200 Plaza St.
 14441 Beach Blvd. #100 (714)899-4823
 8200 Westminster Blvd. (714)895-2660
 5915 Westminster Blvd. (714)893-2623
 13071 Springdale (714)558-3212
 1005 Westminster Mall
 14042 Locust St. (714)892-3355
 5702 Clark Drive, Huntington Beach (949) 510-1569
 18411 Gothard St. Unit 1, Huntington Beach
 8322 Garden Grove Blvd., Garden Grove
 8740 Warner Ave., Fountain Valley (714)963-2010
 16400 Brookhurst St., Fountain Valley
 17967 Bushard St., Fountain Valley (714) 839-8611
 11300 Stanford Ave., Garden Grove
 13641 Deodara, Garden Grove (714)741-5200
 11300 Stanford, Garden Grove (714)897-7099
 17270 New Hope St., Fountain Valley (714)555-8050
 1370 So. Sanderson, Anaheim
 7800 Katella Ave., Stanton (714)379-9222
 5371 Cerulean, Garden Grove
- *MAP IS NOT TO SCALE**

Hold your next event at
Westminster Community Services & Recreation Building

**Wedding Receptions
 *Meetings
 *Birthdays
 Food and other special events

5200 Westminster Blvd.
Please call 714.895.2660
 For more information or visit
www.westminster-ca.gov



DON'T SIT, GET FIT!

Register online for your favorite activities and programs and start your fitness program today!



IMPORTANT DATES

Winter Registration begins –
November 28

Classes begin –
Week of January 9

Winter Youth Sports begins –
January 23

Adult Softball Program
begins – **January 23**



POPULAR PROGRAMS

ZUMBA

(January 6-February 24)
(January 9-March 5)
(March 2-23)

BALLROOM, SWING, & LATIN COMBO

(January 10-31)
(February 7-28)
(March 6-27)

HOT SALSA

(January 10-February 7)
(February 14-March 13)
(March 20-April 17)

PARENT & ME SOCCER

(January 30-March 19)

*Keep your mind fit and sign up for online classes at
www.ed2go.com/westminster*

REGISTER NOW at
www.westminster-ca.gov



8200 Westminister Blvd. Westminister, CA 92683 | 714.895.2860
CSRonline@westminster-ca.gov



Office Hours: Monday– Friday, 8:00 am-5:00 pm
Location: 7200 Plaza St., Westminster, CA 92683
Phone: (714) 903-1331

The Westminster Family Resource Center is a community collaborative:



The Westminster Family Resource Center offers the following Services for FREE!

- ♦ Family Advocacy
- ♦ Personal Empowerment Program
- ♦ Domestic Violence Counseling
- ♦ Information & Referral
- ♦ Parent Education Workshops
- ♦ Adoption Promotion & Support
- ♦ Family Reunification Services
- ♦ Dental Services
- ♦ Emergency Food Program
- ♦ Emergency Assistance Program
- ♦ After School Enrichment Programs
- ♦ Case Management Services
- ♦ Individual and Family Counseling

El Westminster Family Resource Center ofrece los siguientes servicios GRATIS!

- ♦ Representación Familiar
- ♦ Programa del Empoderamiento Personal
- ♦ Intervención de Violencia Domestica
- ♦ Información y Recomendaciones
- ♦ Talleres de Educación para Padres de Familia
- ♦ Promoción y Soporte para Adopciones
- ♦ Servicios para Reunificación de Familias
- ♦ Servicios Dentales
- ♦ Ayuda para recibir Alimentos
- ♦ Programa de Ayuda de Emergencias
- ♦ Programas para despues de escuela
- ♦ Administración de casos
- ♦ Consejería individual y para familias

Trung Tâm Trợ Giúp Gia Đình Westminster phục vụ MIỄN PHÍ những dịch vụ sau đây:

- ♦ Bệnh Vực Gia Đình
- ♦ Chương Trình Đào Tạo Khả Năng Cá Nhân
- ♦ Cố Vấn Về Bạo Hành Gia Đình
- ♦ Thông Tin & Giới Thiệu
- ♦ Hội Thảo Dành Cho Phụ Huynh
- ♦ Khuyến Khích & Hỗ Trợ Dịch Vụ Nhận Con Nuôi
- ♦ Dịch Vụ Đoàn Tụ Gia Đình
- ♦ Dịch Vụ Nha Khoa
- ♦ Chương Trình Thực Phẩm Khẩn Cấp
- ♦ Chương Trình Trợ Giúp Khẩn Cấp
- ♦ Chương Trình Sau Giờ Học
- ♦ Dịch Vụ Phụ Trách Các Vấn Đề
- ♦ Dịch Vụ Cố Vấn Cá Nhân Và Gia Đình



Holiday Toy Drive



Every year the WFRC distributes Halloween costumes, Thanksgiving Food Baskets, Christmas Food Baskets and Toys to families in need in our community. These programs are made possible through donations from various individuals, groups, and organizations. You can make a difference in your community by supporting one or all of the following programs.

Halloween Family Event

This is an opportunity to provide costumes to those families who cannot afford it. You can donate new and gently worn costumes for children and adolescents.

In our Halloween family event children also receive candy and goodies; therefore, we would greatly appreciate any of the following donations:

Costumes * Candy * Snacks * Plates * Napkins
 * Cups * Make-up * Decorations

Thanksgiving and Christmas Food Basket Program

You can donate the following items for a food basket. These items will be distributed to a family in need.

- | | |
|-------------------------------|----------------------------|
| 1 Bag/Box of pasta | 1 Can of pasta sauce |
| 2 Cans of green vegetables | 2 Cans of other vegetables |
| 1 Small bottle of cooking oil | 2 Packets of gravy |
| 1 Small bag of rice | 2 Cans of fruit |
| 1 Box of Mashed potatoes | 2 Packets of Jell-o |
| 1 Box of stuffing | |
| 1 Small box of crackers | |

And (1) \$20 gift card to a grocery store in Westminster

Thanksgiving Food Items must be delivered to the FRC by Friday November 18, 2011. In order to allow enough time for sorting and packaging.

Christmas Food Items must be delivered to the FRC by Friday, December 16, 2011. In order to allow enough time for sorting and packaging.

Toy Drive

Here is a great opportunity to get our youth involved in giving back to our community. Youth and their families can donate toy items for children ages 0-17 years old.

Gift Ideas:
 Game Boards * Puzzles * Legos * Barbies * Sports Gear * Purses * Play-Doh * Arts & Crafts * Book * Gift Baskets * Movie Tickets * Restaurant Gift Cards * Skateboards * Dollar Donations also accepted

Collection Site:
 Westminster Family Resource Center
 7200 Plaza St.
 Westminster, CA 92683
 714-903-1331

Please bring items by:
Friday, December 16, 2011

Programs and services at the Westminster Family Resource Center are funded in part through Families and Communities Together (FaCT). FaCT receives funding from federal, state, and county agencies including U.S. Department of Health and Human Services -Promoting Safe and Stable Families, Office of Child Abuse Prevention, California Emergency Management Agency, County of Orange and the Children and Families Commission of Orange County, as well as volunteer, in-kind support and private donations. FaCT is administered by the County of Orange Social Services Agency and Orangewood Children's Foundation.